

Ty Ankrom's Here's What I Think ...

Early this month, Arizona Gov. Doug Ducey signed a law requiring recess time for students in kindergarten through fifth grade.



In Florida, a bill — spearheaded by a group of PTA moms — was passed in 2017 to provide 20 consecutive minutes of recess to elementary students.

While recess has often been viewed as a traditional part of the school day, many schools have reduced it or eliminated it to allow for more class time.

But eliminating recess runs counter to studies extolling the benefits that children get from free playtime.

According to a 2015 Stanford study, recess creates a positive school climate and that “has been linked to a host of favorable student outcomes, from attendance to achievement, according to the study. It includes four key elements for students — physical and emotional safety at school; positive relationships with peers and adults; support for learning; and an institutional environment that fosters school connectedness and engagement” (<https://news.stanford.edu/2015/02/11/recess-benefits-school-021115/>)

And the American Academy of Pediatrics differentiates between recess and physical education.

According to the Academy's journal, “recess offers its own, unique benefits. Recess represents an essential, planned respite from rigorous cognitive tasks. It affords a time to rest, play, imagine, think, move and socialize” (<http://pediatrics.aapublications.org/content/131/1/183>).

The importance of physical activity is always good to know but especially as May is National

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Recess contributes to a positive school climate.

Physical Fitness and Sports month — and spring finally appears to be on the horizon.

The Centers for Disease Control & Prevention advise children and adolescents get 60 minutes or more of physical activity each day.

Physical activity can be mixed into classroom lessons. Go to www.education.com/activity/fitness-and-exercise/ for some ideas.



For a family activity, consider taking part in the fourth annual Run, Walk, Roll Against Bullying 5K, to be held Saturday, May 12, at Mary Virginia Crites Hannan Park.

For more information or to register, go to <https://runsignup.com/Race/OH/Circleville/BeaHero-AgainstBullying5k>.

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