



RESOLUTION
Pampa ISD School Health Advisory Council
Recommendations on Recess for Elementary School Students
February 23, 2009

WHEREAS, SB 530 requires the local school health advisory council to consider and make policy recommendations to the District concerning the importance of daily recess for elementary school students; and

WHEREAS, the local school health advisory council has considered research concerning unstructured and undirected play; and

WHEREAS, the local school health advisory council has considered research concerning academic and social development; and

WHEREAS, the local school health advisory council has considered research concerning the health benefits of daily recess; and

WHEREAS, the local school health advisory council has considered that local community values are reflected in any recommendation made by the council; and

WHEREAS, recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children; and

WHEREAS, recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement; and

WHEREAS, recess allows elementary children to practice life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solving in real situations that are real; and

WHEREAS, recess may facilitate improved attention and focus on learning in the academic program.

NOW, THEREFORE, based on this information, **BE IT RESOLVED** that the Pampa Independent School District School Health Advisory Council recommends the following:

- ◆ Recess should not replace physical education. Recess is unstructured playtime where children have choices; develop rules for play and release energy and stress.

- ◆ Physical education provides a sequential instructional program with opportunities for children to learn about and participate in regular physical activity, develop motor skills, use skills and knowledge to improve performance.

- ◆ Pampa ISD elementary schools should develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five.
- ◆ Pampa ISD should provide the facilities, equipment and supervision necessary to ensure the recess experience is productive, safe and enjoyable.
- ◆ Adults should direct or intervene when a child’s physical or emotional safety is an issue. Bullying or aggressive behavior must not be allowed and all safety rules should be enforced.

BE IT FURTHER RESOLVED, that the Pampa Independent School District School Health Advisory Council endorses the following statement:

Quality physical education, along with daily recess, are necessary components of the school curriculum that enable students to develop physical competence, health-related fitness, self responsibility, and enjoyment of physical activity so they can be physically active for a lifetime.

Approved and adopted the 23 day of February 2008. We, the undersigned, hereby certify that the foregoing Resolution was duly adopted by the Pampa ISD SHAC.

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Some of the statements in this resolution were taken from recommendations made by the National Association for Sport and Physical Education, an association of the American Alliance for Health, Physical Education, Recreation and Dance © July, 2001