

Recess Re-energized: Additional Resources

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Recess Planning in Schools: A Guide to Putting Strategies for Recess into Practice.

https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_schoolrecessplanning_508.pdf

Developing a School Recess Plan: Chicago Public Schools:

<https://peacefulplaygrounds.com/download/pdf/DevelopingSchoolRecessPlan.pdf>

Recess Moves: A Toolkit for Quality Recess (Minnesota):

http://www.actionforhealthykids.org/storage/Recess_Moves_A_Toolkit_for_Quality_Recess.pdf

Time to Play- Benefits of Recess:

https://www.aft.org/sites/default/files/ae_spring2017ramstetter_and_murray.pdf

HEALTH AND ACADEMIC ACHIEVEMENT:

https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf

Moving more at school — Increasing physical activity before, during and after school:

https://www.activelivingresearch.org/sites/default/files/ALR.Resources.Summary_Schools_10.14.15.pdf

Recess- Findings from an Experimental Evaluation of Playworks: Effects on Play, Physical Activity and Recess

https://gardnercenter.stanford.edu/sites/default/files/Brief%20Playworks_Effects%20on%20Recess%20and%20Play.pdf

Recess before Lunch: <http://www.actionforhealthykids.org/game-on/find-challenges/cafeteria-challenges/1232-recess-before-lunch>

Recess Before Lunch: Thinking about recess before lunch? These resources will help. <https://peacefulplaygrounds.com/recess-before-lunch/>

“Play First Lunch” Toolkit: <http://healthyeatingatschool.ca/uploads/play-first-lunch-toolkit-september-2007-kr.pdf>

SCHOOL CONNECTEDNESS:

https://www.cdc.gov/healthyyouth/protective/school_connectedness.htm

<https://www.cdc.gov/healthyyouth/protective/pdf/connectedness.pdf>

https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_administrators.pdf

https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_teachers.pdf

https://www.cdc.gov/healthyyouth/protective/pdf/connectedness_parents.pdf

Recess for Learning: <http://www.actionforhealthykids.org/storage/documents/parent-toolkit/Recess3A.pdf>

Public Playground Safety Handbook: <https://www.cpsc.gov/s3fs-public/325.pdf>

SHI -SCHOOL HEALTH INDEX -A Self-Assessment and Planning Guide:

<https://www.cdc.gov/healthyschools/shi/pdf/Elementary-Total-2017.pdf>

<https://www.cdc.gov/healthyschools/shi/index.htm>

Positive Behavior Interventions and Supports <http://www.pbis.org/>

How To Paint Asphalt Games

https://kaboom.org/resources/enhancement_projects/how_paint_asphalt_games

Asphalt games | Playgrounds <http://www.tiptiptap.ee/en/products/playgrounds/asphalt->

[games/spiral-numbers-1-15-970054](http://www.tiptiptap.ee/en/products/playgrounds/asphalt-games/spiral-numbers-1-15-970054)

Snakes and Ladders examples of asphalt game:

<http://www.playgroundmarkings.org.uk/south-lanarkshire/>

100 chart: 15 games to play with a 100 chart: <https://thestemlaboratory.com/15-brilliant-ways-use-hundred-chart/>

Active outdoor recess: <http://www.actionforhealthykids.org/tools-for-schools/find-challenges/on-the-playground-challenges/1234-recess-in-action>

Recess Activities and Games:

http://www.heartlandaea.org/media/cms/AEA_032612_Recess_Activities_Bookle_BF4C071957DFD.pdf

Sports4Kids Playbook: putting the PLAY back into the playground:

<http://www.eatbettermovemore.org/SA/enact/afterschool/documents/afterschool.pe.tools.sports4kids20playbook.pdf>

Importance of Playground & Schoolyard Games

<http://newenglandsealcoating.com/blog/importance-of-playground-schoolyard-games/>

504 Accommodation Plan and Physical Activity:

<https://stepsforliving.hemophilia.org/next-step/for-school-personnel/guidance-for-schools/pe-sports-recess>

School Playground Grants <https://peacefulplaygrounds.com/playground-and-garden-grants/>

Recess Game Library: https://www.playworks.org/game-library/?page%3D2%26per_page%3D9%26orderby%3Ddate%26post_type%3Dgame

INCLUSIVE STRATEGIES (Spark)

<https://sparkpe.org/inclusive/>

https://sparkpe.org/wp-content/uploads/2009/11/K2_R_Inclusive_Strategies.pdf

Inclusive Teaching Strategies: <https://www.cte.cornell.edu/teaching-ideas/building-inclusive-classrooms/inclusive-teaching-strategies.html>

Strategies for Involving Parents in School Health:

https://www.cdc.gov/healthyyouth/protective/pdf/parent_engagement_strategies.pdf

SOPLAY: System of Observing Leisure and Play in Youth

http://sallis.ucsd.edu/measure_soplay.html

http://sallis.ucsd.edu/Documents/Measures_documents/SOPLAY_form.pdf

http://sallis.ucsd.edu/Documents/Measures_documents/SOPLAY_protocol.pdf