

Recess

GET THE FACTS

1

Improves students' learning and overall academic achievement



2

Increases classroom engagement



3

Reduces disruptive behavior in the classroom



4

Lowers stress in students



5

Leads to greater on-task behavior in the classroom



6

Improves students' memory, attention and concentration



7

Supports social-emotional development by improving social skills



8

Allows students to learn which physical activities they enjoy, fostering lifetime activity



9

Supports the normal growth and physical development of students



10

Helps students meet the nationally recommended 60 minutes of daily physical activity

