Active Play Every Day

Collaborating toward a culture of play
To promote the well-being of the whole person by empowering people with the knowledge, skills and spirit to take responsibility for personal, family and community health.
Barriers to Movement

- Limited PE/PA resources
- Untrained PE/PA teaching staff
- Over-stretched staff
- Sedentary society
What is “Active Recess”?

Safe, inclusive, and fun play during lunch recess
Benefits of an Active Recess

Physical
Help students reach the daily recommended 60 minutes of physical activity and avoid possible health problems.

Cognitive
Physical activity is a miracle grow for the brain. It can improve student concentration and on-task behavior in class.

Social-Emotional
A positive playground climate provides opportunity to build relationship skills, practice responsible decision making, develop social-awareness, and relieve stress.
Collaborating toward a culture of play
STRATEGY 1: Identify your Active Recess Team
STRATEGY 2: Communication

Welcome to Active Recess
with Ms. Scott-Morey & Mr. Carey

→ Use your tools at recess

Game of Week

Recess Fun Happens With:

Being Safe
Being Respectful
Being Responsible
Helping Clean Up
Having Fun

Ferr Square

1-1-1 Rule
1 bounce in your square
1 underhand serve
1 bounce in other square
STRATEGY 3: Be flexible
Take Away

• **Key Factors to Success**

• **Impact on school culture**
  – 14% average increase in MVPA
  – Decrease in disciplinary referrals & injuries

• **Resources on starting your own Active Recess Program**
  • Playworks
  • Minneapolis Public Schools
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