



Recess Policy for Elementary School Children

Growing Healthier Kids

Pflugerville Independent School District Daily Physical Activity Recess (Elementary)

The District defines recess as unstructured but teacher-monitored play at least 20 consecutive minutes or two non-consecutive ten-minute segments, where moderate to vigorous physical activity is exhibited by students. Daily recess shall be required for elementary schools (prekindergarten-grade 5), and students shall not be withheld from recess or physical activity breaks.

Recess or physical activity breaks shall be opposite of “special areas” in terms of morning and afternoon blocks. If the split option for recess (two non-consecutive ten-minute segments) is chosen for kindergarten, grade 1, or grade 2, this requirement shall not apply.

Del Valle Independent School District Daily Physical Activity Recess (Elementary)

Students in full-day prekindergarten through grade 5 shall participate in daily, unstructured physical activity for 20 minutes throughout the school year as part of a campus’ daily recess. Implementation of 20 minutes of unstructured recess time each day is in addition to the 135 minutes of structured physical activity.

Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary-aged children; therefore, students may not be denied recess as a means of punishment, to complete work, or to attend tutorials. Additional recess time may be offered as a reward.

Austin Independent School District Daily Physical Activity Recess (Elementary)

Students in full-day prekindergarten through grade 5 shall participate in daily unstructured physical activity for 30 minutes throughout the school year, as part of a campus’ daily recess. Implementation of 30 minutes of unstructured recess time each day is in addition to the 135 minutes of structured physical activity.

Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children; therefore, students may not be denied recess as a means of punishment, to complete work, or to attend tutorials.