



Refreshing Recess

Week #4 Lesson Plan: Let's get fit and get along

Theme: Children engage in Fitness Trail and learn about the physical and emotional benefits of being active. All students should have *20 minutes* of active recess per day.

Supervisors learn about and apply PBIS (Positive Behavioral Interventions & Supports) during recess. Behavioral expectations are clearly communicated to students. When students follow the rules and get along with each other, everyone has a good time during recess. Additional educational materials will be provided for schools to implement PBIS as a school-wide initiative.

Goals:

- 1) Students engage in enjoyable active play and learn about the physical and emotional benefits of being active.
- 2) Supervisors encourage active play and learn the basics of PBIS in order to promote positive behaviors during recess.

**Supporting materials (downloadable) Every Moment Counts materials:**

- *Refreshing Recess Newsletter Week #4: Positive Behavioral Interventions & Supports During Recess*

PBIS website and select materials:

Ohio [PBIS Fact Sheet](#)

Materials from other sources/authors:

- Playworks. [Game Library](#). www.playworks.org
- [Youth Physical Activity: The Role of Schools](#). (2009). (4 pg.) Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.
- [Play to Learn: Active Recess Through Systematic Supervision](#) (A guide to promote active, safe and fun recess). (2012). Minneapolis Public Schools. Refer to Playground Games, pp. 67-91.
- Fit 4 Kids. [Ideas for Indoor Recess](#).
- Active School Minnesota. (2013). [Moving Matters: A School Implementation Toolkit](#). (24 pages)



SHAPE (Society of Health and Physical Educators) America. (2017). *Strategies for Recess in Schools*. U.S Dept. of Health and Human Services, CDC (Centers for Disease Control & Prevention).



Image from [SHAPE America](#)

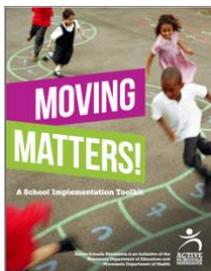
Action steps for occupational therapist (OT) and other program facilitators.

➡ BEFORE the 4th session:

- 1) **OT: Read supporting materials related to active recess and PBIS.** Reinforce these strategies in conversations with supervisors. **Gather the materials for Week #4's activity – Fitness Trail!** (refer to instructions on page 4)
 - If you would like to do a different active play activity, check out Playworks. [Game Library. www.playworks.org](http://www.playworks.org); or
 - Consider playing a teambuilding game. Check out [28 Awesome Team-Building Activities for Kids](#) (from: We Are Teachers website). E.g. Hula-hoop pass
- 2) **Recess supervisors (teachers, principals) ➔** Give them the *Refreshing Recess Newsletter Week #4: Positive Behavioral Interventions & Supports During Recess*. Review the CDC's guidelines for *Youth Physical Activity: The Role of Schools* (or give them a copy).

➡ DURING Day of the Session. The program facilitator (OT or other) helps set up and facilitate the activity.

- 1) Announce the theme of the week to the students. Explain the importance of **active play to be 'fit' physically and emotionally**. Being active during recess will help students feel better emotionally and be able to sit down and learn in the afternoon. Encourage active play during outdoor and indoor recess. Emphasize that their goal should be 60 minutes of active play per day!



Explain the benefits of physical activity:

- Mentally: Improves mood; reduces anxiety & depression
- Physically: Builds strong bones & muscles; reduces likelihood of diseases like type 2 diabetes
- Academically: Improves concentration and the ability to learn

Physical activity turns on the brain!

Graphic is from the Moving Matters Toolkit (p. 9) ➡





- 2) **Introduce the activity for the week** → Fitness Trail! (See next page)
- 3) Model activities and interaction, problem-solve obstacles that may come up, and offer support to recess supervisors during recess time
- 4) **Touch base with the recess supervisors at the end of the session.** How do you think it went? What did you observe? Do you have any suggestions? Introduce the theme for week 3 – *Teamwork!*

Tier 2 & 3 Strategies (Occupational Therapy practitioner or other program facilitator)

- Tune into students who may have a difficult time engaging in active play due to disabilities or obesity. Encourage forms of active play that may be successful and enjoyable to them, such as a ‘walking club’. (see ideas below)
- Tune into students who may be struggling to participate and enjoy recess activities and/or interaction with peers. Look out for the loners; he/she may struggle with knowing how to enter a group, or may have experienced bullying.
- Note those who might be demonstrating issues related to sensory processing (e.g. hypersensitivity to noise), motor control, and/or social participation (e.g. friendship issues).
- Begin to consider accommodations and supports needed to help students at-risk of or experiencing challenges during recess. For students with or without disabilities and/or mental health issues who struggle to enjoy activities or interactions during recess, provide adaptations or accommodations (e.g. peer buddy, smaller group, individual consultation regarding how to interact in a group, etc.)

Start a **‘Walking Club’** during recess. Invite everyone to join and earn ‘miles’ on a punch card.

Refer to The Colorful Apple website to download this punch



Tokens from Fitness Finders
Cost estimate: \$7.00 for 75

card graphic. For every mile the student completes, a star is punched. After so many stars, a student can earn a toe token to put on a key chain or lanyard as an incentive to continue! Make it a ‘Walk & Talk’ club. Introduce different topic themes each day!

Make it FUN!



Image from The Colorful Apple Website.

Congratulations on completing Week #4 of Refreshing Recess! Move on to Week #5!



Week 4 Activity

Fitness Trail!

Setting: Indoor or Outdoor Recess
Equipment needed: Signs for trail; paper tokens to hand out for good behavior



Rules/Directions:

- Decide what equipment or activities will be a part of the fitness trail (e.g., jump ropes, slides, swings, hula hoops, monkey bars, etc.)
- Create a fitness trail by making signs with arrows telling students where to go next
- Explain to students that they will be participating in a fitness trail today if they would like. Tell them where to begin and show them that each sign will tell them which activity to go to next
- Reward students who demonstrate good behavior with paper tokens - for turn taking, following directions, including others, sharing, etc.
- Possible ways to provide more structure: Limit each station to 5 minutes and blow a whistle for children to go to the next station; have an adult at each station if possible to reward for good behaviors; if time allows, let students do the fitness trail more than once; with a large group, have a few students start at each station and rotate

To modify/adapt: For students in wheelchairs, have an adapted activity at each station that they can participate in. For example, for jump rope, they can hold one of the jump ropes on one end for students to play double dutch. Provide a visual schedule of the fitness trail for students that may need it.

For indoor recess ideas, go to: We Are Teachers. Mulvahill, E. (2019) [40 Sanity-Saving Indoor Recess Ideas](#) or Fit 4 Kids. [Ideas for Indoor Recess.](#)

Sample Tokens:



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