Active play during recess helps children get 1 hour of physical activity each day. However, many children are not as active as they could be during recess. To help all children benefit from recess, try organizing structured recess!

**What is structured recess?**
Structured recess is based on the principle of structured play which involves physical activities and games taught and led by adults.

**Benefits of structured recess:**
- Students can engage in physical activity regardless of skill level.
- Students practice motor skills taught in physical education class.
- Students receive targeted instruction and encouragement.
- Students can practice social skills with coaching from adults.
- Supervision ensures safety and healthy conflict resolution.
- Adults explain game rules to students who need more time to learn.

**Ideas for structured recess:**
- Encourage teachers, staff, or volunteers to act as “recess coaches,” lead activities, and provide supervision during recess.
- Create boundaries that divide the playground, field, or gym into areas for structured activities and free play.
- Play games such as four square, basketball, soccer, and Simon Says during structured recess.