

The scorecard was created as part of a policy toolkit that supports advancing recess in schools through state laws. It was developed by the research team, with input from the advisory board, to provide a starting point for advocates and policymakers seeking to improve recess legislation. A score of “0” indicates that the law requires further development. We recommend first incorporating all essential best practices, followed by any enhanced best practices that are appropriate for your state.

Arizona defines recess as “a period of time during the regular school day, including time during a scheduled lunch period, during which a pupil is able to engage in physical activity or social interaction with other pupils.”

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	Each school district and charter school shall provide <u>at least two recess periods during the school day</u> for pupils in kindergarten programs and grades one through five <i>Note: The law does not specify the amount of time these periods should be</i>	1
B. Inclusive of all students in grades kindergarten-8	Each school district and charter school shall provide at least two recess periods during the school day <u>for pupils in kindergarten programs and grades one through five</u> <i>Note: The law does not include grades 6-8</i>	1
C. Prohibits schools from withholding recess	N/A	0
D. Prohibits schools from using recess to fulfil state mandated physical education requirements	A school district or charter school <u>may count a pupil's participation in a physical education course during a school day as one of that day's recess periods.</u> <i>Note: The law allows one period to count as PE, but not both</i>	1
E. Includes specific language on compliance	N/A	0

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ENHANCED BEST PRACTICES		
F. Transition time does not count toward minimum time	N/A	0
G. Requires recess be provided on shortened school days	N/A	0
H. Requires recess to be inclusive for all students	N/A	0
I. Requires recess to be held outdoors	N/A	0
J. If recess is indoors, the law requires there to be adequate space for students to be physically active	N/A	0
K. Prohibits the use of personal electronic devices during recess	N/A	0
L. Requires schools to provide annual professional development opportunities for staff members who lead or supervise recess	N/A	0
M. Requires schools to schedule recess before lunch	N/A	0
N. Requires schools to provide age-appropriate equipment	N/A	0
O. Requires all recess equipment and facilities to meet or exceed safety standards	N/A	0