

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.

Missouri defines recess as a structured play environment outside of regular classroom instructional activities, where students are allowed to engage in supervised safe active free play.

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	A minimum of one recess period of twenty minutes per day shall be provided for children in elementary schools, which may be incorporated into the lunch period.	2
B. Inclusive of all students in grades kindergarten-8	<p>A minimum of one recess period of twenty minutes per day shall be provided for children in elementary schools, which may be incorporated into the lunch period.</p> <p>Students in middle schools may at the school’s discretion participate in at least two hundred twenty-five minutes of physical activity per school week</p> <p><i>Note: Middle school physical activity/recess is not required</i></p>	1
C. Prohibits schools from withholding recess	N/A	0
D. Prohibits schools from using recess to fulfil state mandated physical education requirements	Any requirement of this section above the state minimum physical education requirement may be met by additional physical education instruction.	0
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