

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.

Texas has a physical activity law that can be met by structured activity during a school campus’s daily recess.

BEST PRACTICE	LANGUAGE IN LAW	SCORE
ESSENTIAL BEST PRACTICES		
A. Mandates a time requirement of at least 20 minutes of daily recess	<p>A school district shall require a student enrolled in full-day prekindergarten, in kindergarten, or in a grade level below grade six to participate <u>in moderate or vigorous daily physical activity for at least 30 minutes.</u></p> <p><i>Note: Physical activity law and not a recess-specific law</i></p>	1
B. Inclusive of all students in grades kindergarten-8	<p>A school district shall require a student enrolled in <u>full-day prekindergarten, in kindergarten, or in a grade level below grade six</u> to participate in moderate or vigorous daily physical activity for at least 30 minutes.</p> <p><i>Note: The law does not include grades 6-8</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	<p>Require a student... to participate in moderate or vigorous daily physical activity for at least 30 minutes throughout the school year <u>as part of the district’s physical education curriculum</u> or through structured activity during a school campus’s daily recess.</p>	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