

VERMONT

Vt. Admin. Code § 7-1-2:2120. Instructional Practices and Curriculum Development

Effective July 1, 2025

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.

Vermont’s Department of Education adopted a regulation that recommends but does not require physical activity for students in grades K–12.

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 shall offer options for students in grades k-12 <u>to participate in at least thirty minutes of physical activity within or outside of the school day.</u> <i>Note: Physical activity law and not a recess-specific law, weak language that could be an afterschool activity</i>	1
B. Inclusive of all students in grades kindergarten-8	Each school district shall offer options for students in grades k-12 to participate in at least thirty minutes of physical activity within or outside of the school day. <i>Note: Weak language that could be an afterschool activity</i>	1
C. Prohibits schools from withholding recess	N/A	0
D. Prohibits schools from using recess to fulfil state mandated physical education requirements	<u>Physical activity may include recess and movement built into the curriculum but does not replace physical education classes</u>	2
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