

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.

Virginia has a physical activity law that may include recess to meet the minimum daily/weekly amount required. Virginia also adopted a regulation that mandates recess in elementary schools.

| BEST PRACTICE | LANGUAGE IN LAW | SCORE |
|---|--|-------|
| ESSENTIAL BEST PRACTICES | | |
| A. Mandates a time requirement of at least 20 minutes of daily recess | <p>A program of physical activity available to all students in grades kindergarten through five <u>consisting of at least 20 minutes per day or an average of 100 minutes per week</u> during the regular school year and available to all students in grades six through 12 <u>with a goal of at least 150 minutes per week on average</u> during the regular school year.</p> <p><i>*Physical activity law and not a recess-specific law and does not guarantee daily physical activity</i></p> <p>Each elementary school shall provide students with a daily recess during the regular school year as determined appropriate by the school.</p> <p><i>Note: The law does not specify the amount of time</i></p> | 1 |
| B. Inclusive of all students in grades kindergarten-8 | <p>A program of physical activity <u>available to all students in grades kindergarten through five</u> consisting of at least 20 minutes per day or an average of 100 minutes per week during the regular school year and <u>available to all students in grades six through 12</u> with a goal of at least 150 minutes per week on average during the regular school year.</p> <p><i>Note: Weak language</i></p> | 2 |
| C. Prohibits schools from withholding recess | N/A | 0 |
| D. Prohibits schools from using recess to fulfil state mandated physical education requirements | Such programs <u>may include any combination of (i) physical education classes,</u> (ii) extracurricular athletics, (iii) recess, or (iv) other programs and physical activities deemed appropriate by the local school board. | 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 |