



## Playground Games and Strategies for Improving Recess Syllabus

### Instructor

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### Email

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### Office Location & Hours

On demand

### Description

The Playground Games and Strategies to Improve Recess is designed to introduce administrators, teachers, substitute teachers, physical educators, parents, after-school personnel, and playground supervisors to the responsibilities and strategies associated with organizing a successful recess. This course outlines how to make recess safe, fun, and orderly without "structuring recess".

### Materials Provided in Course

The following learning materials are available for download within various sections of the course:

- Recess Choices Posters
- Ten Rainy Day Strategies for Indoor Recess and Physical Education
- Ten Tips to Improve Playground Supervision
- Rock, Paper & Scissors Poster and worksheets.
- Right to Recess Campaign Presentation
- Right to Recess Tool Kit.
- Recess Advocacy Handout
- 62 Alternatives to Withholding Recess
- Positive Alternatives to Withholding Recess
- Alternatives to Withholding Recess for Discipline Reasons
- Recess Before Lunch a Principal's Cheat Sheet
- Fact Sheet Benefits of Recess Before Lunch
- Benefits of Recess Before Lunch District Sample
- Why Play Article
- Recess Basic Equipment Pack Suggestions
- How to Manage Discipline on the Playground
- Crucial Role of Recess in Schools
- Ten Reasons Why Recess is so Important
- Strategies for Recess in Schools
- A Guide for Putting Recess Strategies into Place

- Five Tips for a Kid-Friendly Playground
- Playground Report Form
- Ten Tips for Getting Your Grant Funded

## Course Schedule

This is an online on-demand course. Once you enroll in the course and pay for the course, you will be directed to the log on and spot to begin the course. Students can progress through the readings and final quiz at their own pace during the 2 week enrollment period.

## SECTION 1- GETTING STARTED

### Welcome to the Course Copy

About the Author Copy  
Overview of Elementary School Recess  
10 Reasons Why Recess is so Important  
The Importance of Recess Video - Edutopia

## SECTION 2- ORGANIZING FOR RECESS SUCCESS

### Section 2 Overview

School Recess Plan  
A Comprehensive Approach to School Recess  
5 Tips for a Kid Friendly Playground  
Playground Rules for Safe Play  
Organizing Playground Equipment  
Recess Choices

## SECTION 3- PLAYGROUND GAMES

### Section 3 Overview

Primary Games K-3rd Grade  
Upper Elementary Grades 3-6  
Age Appropriate Playground Games  
10 Rainy Day Activities for Indoor Recess & P.E.

## SECTION 4- MANAGING BEHAVIOR AT RECESS

### Section 4 Overview

Playground Supervision  
Rock, Paper, & Paper  
Freeze Bell  
Discipline Children on the Playground

## SECTION 5- RECESS INITIATIVES

### Section 5 Recess Initiatives

Kids Right to Recess Initiative  
Alternatives to Withholding Recess  
Recess Before Lunch

## SECTION 6- FINAL THOUGHTS

### Section 6 Final

Recess is the New Norm  
Course Resources & Handouts

## FINAL QUIZ