

Top 3 Recess Myths

Myth 1

Myth: Recess is just child's play.

Truth: Recess is a child's RIGHT!

The United Nations' Declaration of the Rights of the Child (1959) states in Article 7, paragraph 3 that "The child shall have full opportunity for play and recreation which should be directed to the same purposes as education; society and the public authorities shall endeavor to promote the enjoyment of this right;" In 1990, the General Assembly of the United Nations adopted the Convention of Rights of the Child.

Myth 2

Myth: Physical Education class is a substitute for recess.

Truth: Both PE and RECESS are important in a child's day.

The National Association for Sports and Physical Education says one cannot be substituted for the other. PE provides a "sequential instructional program," related to physical activity, while recess allows for unstructured play time where children "have choices...develop rules for play and practice or us skills developed in physical education." In addition, in many Chicago schools, children only have PE once or twice a week.

Myth 3

Myth: Teachers don't want to have to deal with recess.

Truth: When polled, teachers overwhelmingly support recess.

In a recent PTA survey, 99% of teachers and parents surveyed think recess is important for elementary school students. In addition seventy five percent believe that recess should be mandatory. When students don't get recess, teachers don't get a break during the school hours. Both teachers and students need breaks.