



Recess Policy

The purpose of this policy is to ensure that all students in Transitional Kindergarten through Grade 6 are provided with recess and receive the benefits of supervised, unstructured physical activity, play, organized games, and peer social engagement in accordance with Senate Bill 291 and California Education Code Section 49056.

Recess is a period of time during the school day, separate and distinct from physical education courses and meal periods, when students are given supervised and unstructured time for physical activity, organized games, or social engagement with peers. The requirements of SB 291 apply to students in TK through Grade 6 when recess is provided. Students in Grades 7 and 8 may be offered recess at the school's discretion, and such opportunities are encouraged to promote health and wellness, but the statutory minimums do not apply to those grade levels.

The school shall provide recess in at least the following amounts for students in TK–6: On regular instructional days, a minimum of 30 minutes of recess time. On early release days, a minimum of 15 minutes of recess time.

These minimums may be met through one or multiple recess periods throughout the school day and shall be provided in addition to physical education minutes and meal periods.

Recess shall be conducted outdoors whenever weather, air quality, and space conditions permit. If outdoor space is not available or conditions do not permit outdoor recess, the school may provide recess indoors in designated areas under appropriate supervision.

All students entitled to recess shall participate in a manner consistent with their Individualized Education Program or Section 504 Plan when applicable. The school shall provide reasonable accommodations and modifications to ensure equitable access to recess consistent with state and federal requirements.

School staff shall not deny or withhold recess as a routine punitive disciplinary consequence. Recess may be limited or temporarily restricted only when a student's participation poses an immediate threat to the physical safety of that student or others, and reasonable alternative efforts have been made to mitigate the risk while minimizing exclusion to the greatest extent practicable. Staff shall instead utilize positive behavior strategies and supports consistent with PBIS and the school's comprehensive behavior framework.

The provision of snacks during recess is permitted and may be scheduled as part of the recess period so long as the total recess minutes continue to meet the minimum requirements established in this policy.

Administrators shall incorporate recess into the master bell schedule such that recess remains distinct from physical education and meal periods and does not reduce required instructional minutes.