**Play and Recess**

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**Research Findings**

- Play is essential to the development of children and youth because it contributes to their cognitive, physical, social, and emotional well-being.


- A study of four-year-old girls and boys revealed that attention to classroom tasks was greater following sustained outdoor play periods.


- The results of one two-year study found that providing a safe play space (with attendants to ensure safety) for inner-city schoolchildren resulted in 84% more physically active children compared to children in a comparable neighborhood.


- A play program for 10- and 11-year old students consisting of a weekly two-hour, adult-guided session yielded significant increases in the students’ verbal creativity and graphic–figural creativity.


**Reports**

Recess: Is It Needed in the 21st Century?
Clearinghouse on Early Education and Parenting, University of Illinois
http://ceep.crc.uiuc.edu/poptopics/recess.html
The End of Recess
District Administration: The Magazine for K-12 Education Leaders

The Importance of Play
Curriculum Leadership

The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds
American Academy of Pediatrics
http://www.aap.org/pressroom/playFINAL.pdf and
http://aappolicy.aappublications.org/cgi/content/full/pediatrics;119/1/182?eaf

The Role of Recess in Children's Cognitive Performance and School Adjustment
Educational Researcher

Position Statements
Recess and the Importance of Play: A Position Statement on Young Children and Recess
National Association of Early Childhood Specialists in State Departments of Education
http://naecs.crc.uiuc.edu/position/recessplay.html

Recess in Elementary Schools: A Position Paper from the National Association for Sport and Physical Education
Council on Physical Education for Children

Websites
American Association for the Child’s Right to Play
http://www.ipausa.org/recesshandbook.htm

Playing for Keeps
http://www.playingforkeeps.org

Additional References


