

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.

Ginsburg, K. R., Committee on Communications, & Committee on Psychosocial Aspects of Child and Family Health. (2007). The importance of play in promoting healthy child development and maintaining strong parent-child bonds.

Pediatrics, 119, 182-191. Retrieved November 19, 2007, from

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;119/1/182?eaf>

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

Holmes, R. M., Pellegrini, A. D., & Schmidt, S. L. (2006). The effects of different recess timing regimens on preschoolers' classroom attention. *Early Child Development and Care*, 176, 735-743.

- 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.

Parley, T. A., Meriwether, R. A., Baker, E. T., Watkins, L. T., Johnson, C. C., & Webber, L. S. (2007). Safe play spaces to promote physical activity in inner-city children: Results from a pilot study of an environmental intervention. *American Journal of Public Health*, 97, 1625-1631.

- 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.

Garaigordobil, M. (2006). Intervention in creativity with children aged 10 and 11 years: Impact of a play program on verbal and graphic-figural creativity. *Creativity Research Journal*, 18, 329-345.

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

<http://www.districtadministration.com/viewarticle.aspx?articleid=336>

The Importance of Play

Curriculum Leadership

<http://cmslive.curriculum.edu.au/leader/default.asp?id=15436&issueID=10395>

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

http://www.aera.net/uploadedFiles/Publications/Journals/Educational_Researcher/3401/2672-03_Pellegrini.pdf

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

http://www.aahperd.org/naspe/pdf_files/pos_papers/current_res.pdf

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

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Broadhead, P. (2006). Developing an understanding of young children's learning through play: the place of observation, interaction and reflection. *British Educational Research Journal*, 32, 191-207.

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