Top 10 Reasons for Recess

1. Improves students’ learning and overall academic achievement

2. Increases classroom engagement

3. Reduces disruptive behavior in the classroom

4. Lowers stress in students

5. Leads to greater on-task behavior in the classroom

6. Improves students’ memory, attention and concentration

7. Supports social-emotional development by improving social skills

8. Allows students to learn which physical activities they enjoy, fostering lifetime activity

9. Supports the normal growth and physical development of students

10. Helps students meet the nationally recommended 60 minutes of daily physical activity

Go to http://shapeamerica.org/recess10/ for interactive experience