

# Healthy and Wise

## Recess Evaluation Rubric

**Recess is Healthy and Wise! It is an important part of the instructional day!** Unlike physical education, which offers structured physical activities, recess provides a time for students and school staff to select physical activities that are fun and enjoyable, fostering a personal interest and commitment towards physical activity. Recess gives school staff and students a short 15 to 20 minute period to recharge for more instruction and learning. Use the criteria below to assess your class recess period and participation.

<p><b>“Excellent” or 4 points</b></p>	<ul style="list-style-type: none"><li><input type="checkbox"/> All students are physically active (walking, running, stretching, playing active games...).</li><li><input type="checkbox"/> Teacher is “MOVIN and GROOVIN” with the students.</li><li><input type="checkbox"/> None or very few students are sitting out due to illness.</li><li><input type="checkbox"/> No student has lost his/her recess period due to disciplinary reasons.</li></ul>
<p><b>“Good” or 3 points</b></p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Most of the students are physically active (walking, running, stretching, playing active games...).</li><li><input type="checkbox"/> Teacher is “MOVIN and GROOVIN” with the students most of the time.</li><li><input type="checkbox"/> A few students are sitting out due to illness.</li><li><input type="checkbox"/> A few students have lost their recess period due to disciplinary reasons.</li></ul>
<p><b>“Average” or 2 points</b></p>	<ul style="list-style-type: none"><li><input type="checkbox"/> About half of the students are physically active (walking, running, stretching, playing active games...).</li><li><input type="checkbox"/> Teacher is physically active for a short period of time.</li><li><input type="checkbox"/> Several students are sitting out due to illness.</li><li><input type="checkbox"/> Several students have lost their recess period due to disciplinary reasons.</li></ul>
<p><b>“Poor” or 1 point</b></p>	<ul style="list-style-type: none"><li><input type="checkbox"/> Not many students are physically active (walking, running, stretching, playing active games...).</li><li><input type="checkbox"/> Teacher is sitting down or standing.</li><li><input type="checkbox"/> Many students are sitting out due to illness.</li><li><input type="checkbox"/> Many students have lost their recess period due to disciplinary reasons.</li></ul>

