



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

