

**Laurel Mountain Elementary PTA**  
**ROUND ROCK INDEPENDENT SCHOOL DISTRICT**

*Resolution Concerning Recess in Texas Schools*

**State of Texas**

**County of TRAVIS**

**WHEREAS**, Children's physical fitness and children's engagement in physical activity are associated with greater academic achievement and cognitive functioning; and

**WHEREAS**, Elementary school children who have more minutes of recess time have been found to have better classroom behavior; and

**WHEREAS**, Recess is important for children's socialization, school adjustment, and overall social development; and

**WHEREAS**, Recess should not replace physical education classes; physical education provides sequential instruction to enhance the development of motor skills, movement concepts, and physical fitness. Recess provides unstructured play opportunities that allow children to engage in physical activity; and

**WHEREAS**, Increased physical activity time during the school day does not adversely affect student academic achievement; and

**WHEREAS**, Children who engage in more physical activity have better physical and mental health; and

**WHEREAS**, Establishment of an active lifestyle in childhood leads to a more active lifestyle in adulthood; and

**WHEREAS**, Physical activity may provide other benefits to children's positive development; therefore be it

**RESOLVED**, that the Texas PTA and its constituent associations support at least one period of recess for at least 20 minutes per period for every elementary student every day that school is in session; and be it further

**RESOLVED**, that the Texas PTA and its constituent associations support both recess and physical education classes; and be it further

**RESOLVED**, that the Texas PTA and its constituent associations recommend that Texas school districts develop policies for school recess that include unstructured outdoor play, unstructured indoor play for inclement weather days, educating students on safe playground rules, ensuring the safety of playground equipment and developing an

adequate adult to student ratio that should not exceed one adult to 30 students; and be it further

**RESOLVED**, that the \_\_\_\_\_ PTA and its constituent associations oppose any child being refrained from school recess as a disciplinary measure, for academic reasons, or inappropriate classroom behavior.

Passed and Approved on this \_\_\_\_\_ day of \_\_\_\_\_, 2012

By: \_\_\_\_\_  
Name, Title

By: \_\_\_\_\_  
Name, Title

By: \_\_\_\_\_  
Name, Title

By: \_\_\_\_\_  
Name, Title

By: \_\_\_\_\_  
Name, Title

By: \_\_\_\_\_  
Name, Title