

Elementary Guidelines for Recess



Lubbock ISD elementary schools will develop schedules that provide at least 15 minutes of supervised recess time each day in grades Kindergarten through five. Recess will not replace physical education (PE). Recess will be unstructured playtime where children have choices, develop rules for play, and release energy and stress.

Recess will not be viewed as a reward, but a necessary educational support component for all children. Recess time will not be taken away for punitive measure unless the student has become a danger to themselves or others. In addition, recess will not be used as a behavior management tool, for tutoring or RTI, or other competing activities. Lubbock ISD will provide the facilities, equipment, and supervision necessary to ensure the recess experience is beneficial, safe, and fun for all students.

When possible, recess will be held outside. In the case of inclement weather or unsafe factors, each school will develop an alternative plan for recess. To protect the health and safety of Lubbock ISD students, guidelines for cold weather have been created and are listed below:

Guidelines for Cold Weather

- Students should not play outside when the wind chill is below 32 degrees.
- On days when the temperature is unseasonably cold, outside time should be restricted to no more than 15 minutes.
- Students who are inappropriately dressed for the cold weather should remain indoors under adult supervision.
- If a student's medical condition requires further consideration due to weather conditions, student should remain indoors or be monitored closely while outside.