

Lake Street Recess*

Essential Understanding – Lake Street School’s plan for success involves demonstrating behavior that is safe, respectful and responsible.

Objective: Students will act safely, respectfully and responsibly at recess by demonstrating how to:

Be Safe: Walk, avoid injury, and use materials safely

- Play safely
- Use equipment safely
- Follow game rules
- Walk to playground in a single line facing forward

Be Cooperative: To work together and get along

- Be helpful
- Participate with a positive attitude
- Be patient-Wait your turn
- Acknowledge others

Be Respectful: To treat others the way you want to be treated

- Keep hands, feet and objects to yourself
- Follow adult directions
- Be a good sport
- Be polite

Be Responsible: To do what you are supposed to do, when you are supposed to do it

- Line up quietly when bell rings (whistle blows)
- Follow directions
- Report problems to teacher/para

Initiation: *“Today we are going to talk about ways to be respectful, responsible and safe at recess... Who would like to raise their hand and tell me what we are going to discuss? (Students repeat what you just said.) We have already talked about what it means to be safe, respectful and responsible. Who remembers the definition of being safe? If no one volunteers, remind students of the definition. Repeat the process for definitions of being respectful and being responsible. Keeping those definitions in mind, what are some ways you can show how to be safe at recess. Guide student responses into observable behaviors; refer to the list under the objective. Repeat for being respectful and being responsible.*

Procedure: Demonstrate and role play. *“I’d like to show you some examples of how you can BE SAFE, RESPECTFUL AND RESPONSIBLE at recess as well as some examples that would not be considered safe, respectful and responsible. See if you can tell the difference.” (ONLY TEACHERS ROLE PLAY NEGATIVE BEHAVIOR).* For this lesson you will need some props. For example, flip-flops, coats, hats, gloves, boots, whistle, and any playground equipment students use for recess (jump ropes, kickball, and chalk).

1. During lessons, only one grade will be brought outside at a time. Bring class outside to playscape area. Bring with you any playground equipment you may have. Once at the area, have students sit and observe you using the playscape or swings. Throw wood chips, climb up the slide, twist on the swing, and so on. Ask if this is demonstrating being safe. Have volunteers show you appropriate/safe ways to use the playscape/swings.
2. Put on the flip-flops that you brought. Flip around the playground. Ask students the potential problems with these shoes. Hold up the other items you brought and have volunteers identify the reason it would be appropriate (i.e. no kickball during blacktop only recess). Guide students to recognize how the appropriate clothing keeps you safe while playing outside (what might happen with flip-flops on the playscape, long necklaces, and hair ties?)
3. Move class up to blacktop to demonstrate good sportsmanship and kickball rules. Review kickball rules on banner. Have student volunteer line up with you to wait to play kickball. While standing behind volunteer, whine about how it’s really your turn and student is in the wrong place and they already kicked. Ask if this is demonstrating respectful behavior. Guide students to verbalize keeping hands, feet and objects to themselves. Elicit from students that being a good sport and being polite are ways to demonstrate respect.
4. Blacktop only recess – Walk to grass areas, and handicap access ramps and gym doors. Ask if these areas can be used when it is blacktop only recess. Have 2 students walk around blacktop area to show what area is allowed for blacktop recess.
5. Lining up after recess - Tell students that they will be practicing forming a line to re-enter the building. Blow whistle and have them line up. Put yourself into the line and then start talking to students next to you, step out of line, start jumping, stretching, pull out a ball from pocket and start bouncing it. Ask students if this is being respectful and responsible. Ask a volunteer to describe what should happen when the whistle blows.

Tell students that they are going to practice lining up immediately when the whistle blows. Allow them to “play” on the blacktop for a few minutes then blow the whistle, repeat a couple of times before re-entering the building.

6. Good behavior examples – Take this time at end of lesson to list and summarize good behavior examples:
 - cheer/encourage teammates during kickball
 - Stay on blacktop during blacktop only recess
 - Walk from building to blacktop at beginning of recess
 - When whistle blows, return equipment that you are using to the bin
 - Keep track of lineup during kickball and take proper turns
 - Be a good sport. Remember, the objective is to have fun!
 - Wait patiently when re-entering building. Wipe feet if needed.
 - Serve time-out minutes quietly on curb, no talking.
 - When teacher sends you to end of line, for any reason, student goes without comment.
 - All equipment stays on blacktop. No equipment on playscape.
 - Wear sneakers or shoes with a back or strap to play on playscape.
 - Take turns on playscape equipment and use it properly
 - When whistle blows, line up quickly and quietly. Face forward in line.
 - Proceed into building in a single line. You should not be walking next to anyone.
 - If someone gets hurt, quickly report to a teacher/para.
 - Use our playscape properly and safely.

7. Inappropriate behavior examples – Take this time at end of lesson to list these behaviors and have volunteers offer the correct ways of using equipment and correct behavior examples:
 - Climbing up the slide
 - Climbing on top of monkey bars
 - Sitting on railing of bridge
 - Picking up/throwing mulch
 - Any type of physical contact
 - Twisting chains while swinging
 - Jumping off swings while they are moving
 - Screaming/yelling/crying at teammates during kickball because of a disagreement with play.

Assessment: Ask each student to tell or demonstrate what safe, respectful and responsible behavior at recess looks like. Give a pride point to each student with an appropriate response. Guide students who are not responding appropriately and then give them a pride point.

Optional assessment: Project or written assignment

***With very special thanks and acknowledgement to the Bowers PBS Team.**

PLAYGROUND SAFETY

- Walk out to blacktop from building at beginning of recess.
- If you have a timeout, sit quietly on curb.
- Leave woodchips, rocks and sticks on the ground
- Be respectful and courteous, take turns.
- Play in designated areas only
- When whistles blows two times quickly, this means stop what you are doing and look at the recess monitor
- When whistles blows once, this means recess is over
- No toys, of any kind, allowed at recess
- If we all use these few rules and common sense at recess our accidents should be reduced. Below are more specific explanations.

SWINGS

- Sit on swing correctly.
- No lying down, going sideways, or twisting of chains.
- Do not push one another.
- When walking near the swings stay away from those that are moving.

SLIDES

- Only slide down the slide.
- Go down on your bottom only.
- Only one student at a time goes down a slide
- Do not sit at the bottom of a slide
- Do not push student down slide
- Do not stand in front of the slide

HORIZONTAL BARS

- Move in one direction
- Do not climb on top of bars
- Bend your knees when you land
- When hanging upside down, make sure to hold on with hands (do not hang by legs only)

BRIDGE

- Do not sit on the bridge railings

LOG ROLLER

- One student at a time
- Do not try to stop roller when a student is on it

HANGING SPINNING WHEEL

- Up to 2 students at a time on wheel
- Do not grab students who are on the wheel
- Wait until wheel stops before letting go

TUNNEL

- Use appropriate behavior in tunnel
- Keep hands to yourself inside tunnel
- Do not sit in tunnel. It is for climbing through only.
- Do not climb on top of tunnel

ROCK WALLS ON PLAYSCAPE

- One student at a time climbs up or down

ENCLOSED LADDER

- One student at a time climbs ladder.
- Do not block the top of the ladder
- Do not pull on anyone that is climbing the ladder

ROLLER BARS SLIDE

- One student at a time
- Go down the slide on your bottom only, not on stomach
- Do not push student down slide
- Do not run/climb up slide

IDEAS FOR GAMES/ACTIVITIES TO DO AT RECESS

Jump roping

Mother-May-I

Four Square

Kickball

Basketball

Hopscotch

Tag

Relay races

Chalk drawing

Soccer (on grass only)

Hula Hoop