



More Recess for Virginians is a group of parents, educators, and citizens across the commonwealth advocating for legislative changes to give elementary schools more flexibility to make the research-based change of offering more recess for our students.

We ask that the Virginia Assembly vote to pass HB1419 and SB273, which will:

- Include recess in the definition of Instructional hours in the Standards of Accreditation, rather than excluding it
- Reduce the rigid mandate from Richmond that all elementary schools must spend a full 75% of instructional hours teaching only English, mathematics, science, and social studies

These changes would empower local school divisions with greater flexibility to determine the appropriate allocation of recess time in their elementary schools.

Recess is a Fundamental Component of Education

Only recess provides children with instruction in self-control, self-motivation, and social and emotional development. These benefits come from unstructured, child-directed, outdoor play. Physical education and teacher-led stretching or “brain breaks” are insufficient to provide the full spectrum of learning that recess delivers.

- Recess provides unstructured, child-directed time that improves focus, attentiveness, cooperation, sharing, self-control, academic performance, and executive functions
- Recess provides physical activity that reduces fidgeting, combats childhood obesity and physiological problems, and activates the brain for learning
- Recess provides outdoor time that reduces stress and anxiety, and improves mental health, behavior, and problem-solving skills

Texas schools that added more recess found students scored significantly higher in math and reading than previous classes, were more attentive and cooperative in class, and had more energy at home.



For more information, contact More Recess for Virginians at morerecess4fcps@gmail.com or visit: <https://morerecessforvirginians.org/>