

RECESS 360° : DISTRICT MODEL

Year Long Engagement



In response to the marked increase in sedentary lifestyles and decreased opportunities for youth to be physically active during the school day, Playworks Training is working with schools and their staff to share effective methodologies that enhance learning by providing inclusive opportunities for physical activity and play.

Recess 360°, a year-long district partnership program, is designed to energize your playground in a structured and inclusive way that will engage all of your students.

During the course of the academic year, Playworks will provide a series of content specific workshops followed by technical assistance visits with a designated staff person/s (“the Recess Coach”). This two-pronged approach strengthens the operational and technical capacity of all training participants while providing Recess Coaches with ongoing individualized support to enable successful integration of the strategies and techniques introduced through training.

OBJECTIVES

- Increase opportunities for play and physical activity for all students during recess and throughout the school day.
- Equip staff and students with the tools and techniques they’ll need to facilitate games while reinstating a safe, healthy, and inclusive environment.
- Implement three important Playworks components:
 1. Recess
 2. Youth leadership
 3. Class game time

SUMMARY OF SERVICES

- 40 hours of professional development workshops for up to three of your school staff members
- 20 hours of on-site technical assistance and consulting
- Full Playworks Recess Coach curriculum (1 per school)
- Playground equipment (1 set per school)
- Playworks Playbook (1 per school)

COST

For more information and pricing inquires regarding *Recess 360°*, please contact Jamie Firmage, Training Consultant, at jfirmage@playworks.org or (415)-860-6301. Cost varies based on region and number of participating schools.

[more information >](#)

OUR APPROACH

Our approach focuses on allowing adults to experience active, physical play, just as a child would on the playground. Each workshop addresses various adult learning styles and builds on the core principals of youth development. Through an experiential learning process every workshop participant will have the opportunity to experience, learn, and discuss the best practices of recess that Playworks has cultivated over the past two decades.

RECESS 360° PROGRAM AND SCHEDULE

Our sample program (see below) outlines a series of content-specific, group workshops overlapped by one-on-one technical assistance visits with each Recess Coach at their respective locations. This schedule can be amended as needed; Playworks prides itself in accommodating existing programs and fitting scheduling needs.

Planning and Preparations (Recommend 2 months prior to program launch)

- Participating school selections
- Proposals, contracts, and authorizations
- Planning meetings and scheduling (ongoing)
- Recess Coach orientation
- School staff and community orientation



A. Workshops Energized

A series of 10 four hour workshops will cover tools and techniques needed to implement an energized recess program supplemented by youth leadership and class game time components. Workshops are offered to all designated Recess Coaches in the area and are also open to one additional staff member from each participating school. Each workshop is four hours long and refreshments will be provided.

Example Workshop Schedule *(can be adapted based on the needs of the district):*

AUGUST	1) The Power of Play: an introduction to the year long program, Playworks style of inclusive play, and the benefits of play and physical activity.
SEPTEMBER	2) Recess Focus: offers foundational tools for creating a safe and healthy playground, core recess games and a discussion of the barriers youth face when trying to access the benefits of play and physical activity.
OCTOBER	3) Group Management 1 Pro-Active Measures: an exploration into the group management strategies that adults can use to set-up students for successful behavior.
OCTOBER	4) Game Facilitation: answers the common questions and challenges: How do I teach games? How do I make sure that every student knows the rules? I need some practice!
OCTOBER	5) Group Management 2 Working with Challenging Behaviors: teaches strategies for working with challenging behaviors on the playground.
NOVEMBER	6) Youth Leadership Introduction: Explores how the success of your playground will depend on your students. When we give the leadership back to the students they will want to make recess a success for everyone.
NOVEMBER	7) Youth Leadership Implementation: provides tips to identify youth leaders, tools to help them be successful by making the playground a safe & healthy place for their peers.

[more information >](#)

JANUARY

December- Winter Break

8) Gender Roles in Sports, Physical Activity and Play: explores personal and societal gender beliefs in sports and how this plays out at recess and in your school.

FEBRUARY

9) Group Management 3: The Cycles of Behavior or Tournaments (depending on need): Delves deeper into the cycles of behavior that students exhibit on the playground. Or, we will support your recess team in taking your games to the next level– tournaments!

March- Spring Break

APRIL

10) Game Day Extravaganza Planning and Implementation: closes the program by working on designing and implementing a game day extravaganza for a class or the entire school.



B. Technical Assistance

Playworks will provide on-site technical assistance visits, on average, twice a month for the duration of the project. The goal of the on-site visits is to support and reinforce the strategies, theories, and methodologies that are learned during the large group workshops.

Technical Assistance visits include, but are not limited to:

- Coaching and observation of your Recess Coach on the playground
- On-site modeling of strategies and games learned in the training
- Setting individualized goals and objectives for your Recess Coach
- Supporting school staff and parents/volunteers participation during recess

Playworks will provide quarterly reports including:

- Recess observations
- Goals and objectives
- Documentation of progress on goals and objectives

C. Equipment: Playworks will provide the following to each participating school:

- 2- 6” soft balls
- 1- 16” playground ball
- 4- 8” rubber kick balls
- 2- soccer balls
- 1- football
- 2- basketballs
- 6- jump ropes
- bucket of chalk
- 50- cones
- 4- sets of flags