

BASIC INSTRUCTIONAL PROGRAM  
REQUIRED INSTRUCTION (ELEMENTARY)

EHAB (LOCAL)  
ADMINISTRATIVE REGULATION

ESSENTIAL  
KNOWLEDGE AND  
SKILLS

EMS ISD is aligned with current research concerning academic and social development of the child and the benefits of unstructured play, known as recess. Recess, while separate and distinct from physical education, is an essential component of the total educational experience for elementary aged children; and recess provides children with discretionary time and opportunities to engage in physical activity that helps to develop healthy bodies and enjoyment of movement, while practicing life skills such as conflict resolution, cooperation, respect for rules, taking turns, sharing, using language to communicate, and problem solve. Physical Education provides a sequential instructional program with opportunities for children to learn about and participate in regular physical activity, develop motor skills, use skills and knowledge to improve performance. Additionally, recess facilitates improved attention and focus on learning in the academic program.

DAILY PHYSICAL  
ACTIVITY

Elementary schools in Eagle Mountain-Saginaw ISD will provide a minimum of 30 minutes per day of unstructured play [recess] for each grade level while under teacher supervision. It is encouraged that the time be split between morning and afternoon classes, with an allowance of additional time for transition. Recess should not replace Physical Education but should serve as unstructured play-time where children have choices--time to play, imagine, move, and develop social skills.

SCHEDULE/  
BEHAVIOR

EMS ISD elementary schools shall develop schedules that provide for supervised, daily recess in grades pre-kindergarten through grades five. Recess is a necessary educational support component for all children; therefore, recess may not be taken away as an academic or behavioral consequence.