



An Act relative to physical and social recess in schools

MTA Legislative Agenda, 2021-2022

Lead Sponsors: Sen. Michael Rush (D-Boston) | Rep. Jon Santiago (D-Boston)

Guaranteeing at least 20 minutes of daily recess for all K-5 students.

Reports issued by organizations such as the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics have detailed the many academic, social, emotional, and physical health benefits that recess provides. That is why the CDC recommends that all elementary school students receive at least 20 minutes of unstructured, free-play recess per school day.

Despite its importance, however, many Massachusetts students are not receiving the amount of unstructured recess they need, especially in low-income communities and communities of color. Access to recess can vary dramatically from district to district and even from school to school within a community.

This legislation will address this issue by:

- Requiring at least 20 minutes of unstructured free-play recess per school day for all public school students in grades K-5.
- Prohibiting public schools from decreasing the amount of time allotted for recess due to changes in standards or curriculum.

Passing An Act relative to physical and social recess in schools means:

- Ensuring access to 20 minutes of recess daily for all public school students in grades K-5.
- More opportunities for students to work on communication, cooperation, problem solving, and other vital life skills through unstructured free play.
- Recess time cannot be cut due to statewide or local changes in standards or curriculum.

For more information please contact the MTA Government Relations Division
Molly Labonte | *Legislative Specialist* | mlabonte@massteacher.org | 617.878.8119