

SENATE, No. 442

STATE OF NEW JERSEY
214th LEGISLATURE

PRE-FILED FOR INTRODUCTION IN THE 2010 SESSION

Sponsored by:

Senator SHIRLEY K. TURNER

District 15 (Mercer)

SYNOPSIS

Requires a public school district to provide a daily recess period for students in grades kindergarten through 5.

CURRENT VERSION OF TEXT

Introduced Pending Technical Review by Legislative Counsel



1 AN ACT concerning recess in public elementary schools and
2 supplementing chapter 35 of Title 18A of the New Jersey
3 Statutes.

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5 **BE IT ENACTED** by the Senate and General Assembly of the State
6 of New Jersey:

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8 1. The Legislature finds and declares that:

9 a. Currently 16% of the nation's children are overweight, and
10 an increasing number of children are developing cardiovascular risk
11 factors and type 2 diabetes;

12 b. The United States Department of Health and Human
13 Services, the United States Department of Education, and the
14 National Association for Sport and Physical Education recommend
15 that school-aged children should participate in at least 60 minutes
16 per day of moderate to vigorous physical activity;

17 c. Participation in a regularly scheduled recess period provides
18 an opportunity for children to engage in essential physical activity
19 and to establish healthy habits early in life;

20 d. Recess also affords a child the opportunity to practice skills
21 such as cooperation, communication, and creativity, and a break
22 from the day's routine improves attention, focus, behavior, and
23 learning in the classroom; and

24 e. Because recess is such a vital component of a
25 comprehensive school physical activity program and the total
26 educational experience for elementary school students, it is
27 therefore in the best interest of the elementary students in this State
28 that they be provided with a daily recess period.

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30 2. Beginning with the 2010-2011 school year, a public school
31 district shall provide a daily recess period of at least 20 minutes for
32 students in grades kindergarten through 5. The recess period shall
33 not be scheduled immediately before or after the student's physical
34 education class and no student shall be denied recess for any reason.

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36 3. This act shall take effect immediately.

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STATEMENT

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41 This bill requires that, beginning with the 2010-2011 school
42 year, a public school district must provide a daily recess period of at
43 least 20 minutes for students in grades kindergarten through 5. The
44 bill also provides that the recess period may not be scheduled
45 immediately before or after the student's physical education class
46 and that no student can be denied recess for any reason.

1 Participation in a regularly scheduled recess period provides an
2 opportunity for children to engage in essential physical activity and
3 to establish healthy habits early in life. In addition, recess affords a
4 child the opportunity to practice skills such as cooperation,
5 communication, and creativity, and a break from the day's routine
6 improves attention, focus, behavior, and learning in the classroom.