

# Centennial Recess Playground Expectations

*Recess is a time for joy and learning! Recess is one of the most dynamic times of school, ripe with opportunities for children to enjoy physical activity and self-directed play, to connect with the natural world, to interact with a diverse peer group, and to practice social skills.*

*(Responsive School Discipline)*

## GENERAL PLAYGROUND HABITS (WORLD CARE):

- Play safely and take care of yourself and others.
- Include everyone in games and invite others to play.
- Share equipment and take turns.
- Show teamwork and sportsmanship, play by the rules, be fair.
- Resolve conflicts peacefully using problem solving skills, try to do so student to student first. If this doesn't work, ask an adult for help.
- Follow adult directions the first time.

## SPECIFIC EXPECTATIONS:

- Students need to be one the playground equipment, on the black top, or on the field (on the west playground student may walk or run around the track).
- Running is allowed on the track/grass, but students must stay off the fence, out of the trees and tree beds. Students must also be aware of the organized games going on in the field like football, soccer, etc.
- Shoes must be worn at all times.
- Food is to be eaten in the lunchroom. No food, candy or gum is allowed on the playground.
- No piggyback rides, carrying others, or pyramids.
- Keep hands, feet, body and objects to yourself.
- Rocks, wood chips, dirt, sticks, snow and ice stay on the ground.
- Only school issued equipment is allowed on the playground. **Keep all personal equipment at home.** To prevent loss and theft we ask students to not bring personal equipment, toys, electronics, etc. to school unless given permission from a school authority. The school will not assume responsibility for personal items brought to school.
- Soccer balls and footballs are the only balls to be kicked (in the field only).

- All games are to be played by official school rules, use tether balls appropriately.
- If a ball goes over the fence- get adult help.
- No tackle football—touch football only.
- No play fighting with other students.
- Bullying and intimidation will not be tolerated.
- Injuries: Get adult help and then get away from the injured student or sit down with them until help arrives.

#### SWINGS:

Sit on your bottom to swing (no feet), face the blacktop

1. Come to a complete stop before exiting the swings- no jumping off swings
2. One student at a time on a swing. Swing independently, no pushing.
3. Swing forward and backward only
4. Two hands on the swing at all times
5. No saving swings.
6. When all swings are occupied, students may count out loud to 100 (slowly) while waiting for a swing
7. There should not be flips or upside-down swinging
8. Swings should not be spun over top bar

#### SLIDES:

1. Feet first sitting down only- no running up or down the slide
2. Only one person on the slide at a time
3. Move off slide immediately when finished sliding
4. Keep dirt, rocks, and snow off of the slide

#### BARS:

1. Keep two hands on the bar
3. Take turns or have safe space between students
4. Do not sit, or go on top of the bars

#### LINING UP:

When you hear the whistle/bell, line up immediately. Return equipment to the ball cart or to the owner. Owners of balls need to hold balls (no dribbling, passing, throwing).

Line up with crew members, single line, facing forward, level 1 voice.