

Does recess need coaching?

By Sumathi Reddy, Wall Street Journal

Schools across the country are revamping recess.

Some have it two or three times a day in shorter increments. Others bring in recess coaches to facilitate games. Many now have activity zones—all to encourage more physical fitness.

The shift is a turnaround after many schools in the U.S. cut back or eliminated recess due to space constraints and demands for more class time.

Read the whole story