Recess In High School

Are you in high school? Are you stressed about school work? Recess is the best way to get a break during school. Many Districts end recess in sixth grade. We need a break! Thanks to ending recess, more than 25% of 13-18-year-olds are diagnosed with anxiety at some point, according to the ¨National Institute of Mental Health¨, high schools need recess because it decreases anxiety, improves attention spans, academic performance and physical health.

The number one reason we need recess is that it will decrease anxiety. I've witnessed an awful lot of anxiety from hectic school schedules, kids pulling fire alarms, girls sobbing in class, and kids fainting in class from being stressed and having anxiety. Teachers give an extraordinarily amount of work to do daily. As a student, it is hard to keep up with it. If you are in any extracurricular activities like sports or band, it will make you even more stressed because you won't have time after school to do it. Recess would be a perfect way to help kids just relax along with the decreasing in anxiety.

By just adding 5-20 minutes of recess could improve attention spans and improve academic performance. Academics are a big part of the school and by having one recess everyday, it would increase the academic scores and make schooling look better. Recess would help students pay attention more in class, and it would give students a break in between classes. As a high school student, a regular day of high school is very long, and it is hard to pay attention. By adding a recess, it would help break up the day and allow students to be a more focused throughout the rest of the day. Adding recess would increase the performance of the students, because they know they would get a break in between classes to relax and not stress. They would focus more on tests, therefore test scores would go up. Recess would be a great time

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Recess would be a great time to improve the physical health of students by getting their recommended amount of fitness. Experts argue that physical education and recess should both be part of every child's schedule. In 2001, the Council of Physical Education for Children and the National Association for Sport and Physical Education recommends that physical education classes not become a replacement for the unstructured playtime of a recess. Physical education class is not the same as recess. Recess should be where you have 5-20 minutes to do whatever you want to. Recess is a good time to hang out with your friends and just relax and play games. Having both Physical Education and recess would increase your physical health tremendously.

People say "there isn't room for recess in a school day, and that putting in recesses would take away from education. The only way to add recess is by shortening classes. Shorting classes would take away from the teacher being able to teach stuff. Teachers wouldn't have time to teach if they added recess. The teacher would have to give more homework because of the shortening of classes. Some people think that adding recess would be a bad idea because it would give more work for a student, and would take away from the kids learning. You wouldn't have time to do homework in class so you would have to do it after school and you wouldn't have time for it." When, really it would be better for the kids because even though the classes are short, if they had recess they would be more focused in class and would be able to listen to the teacher and understand what she is teaching. After a long amount of time, kids start to get distracted so it would be better to shorten the classes.

Recess would be a good break for kids! All schools should require recess in all levels of education. Recess is an awesome time to just relax and get focused for your next classes. Some people don't like the idea of recess, but recess is going to be the reason that kids start to do well in school and increase academic performance. Recess in all levels of education would be the best idea for people to succeed in school. Kids would be ready to go back and have a great rest of the day after recess.