

***Outdoor Recess ....Required!***

Outdoor recess should not be an option for elementary students. One reason why kids should be required to have outdoor recess is because it teaches teamwork. Another reason why kids should have outdoor recess is because you can get exercise and fresh air. The last reason why kids should be required to have outdoor recess is because it educates kids to make friends and socialize. In my opinion, elementary students should be required to have outdoor recess.

Teamwork is a very important skill for all kids to have. When kids show teamwork, they usually include others. Kids help each other on teams when they play football or soccer, therefore showing teamwork. Report cards have a category called, "cooperating with peers". If teamwork is being shown during outdoor recess, it's a good way to earn a good grade in that category on a kid's report card. As you can see, there are many ways how outdoor recess and teamwork are tied together.

Another reason why outdoor recess is vital for elementary students is that it gives kids exercise and a lot of fresh air. Since it's flu season, it's probably a good idea to let kids have fresh air. During outdoor recess, you can get 25 minutes worth of fresh air! Also, exercise can make you stronger and help you maintain your weight. Football is a great example of exercise during outdoor recess. Exercise can also help you pay attention in class. This once happened to me, and I wasn't tired the rest of the day. Kindergarteners especially need to get out, not just for exercise, but just to get their energy out. Last, the gym teacher would get more compliments on how fit we are due to outdoor recess. Clearly, if kids are exercising during outdoor recess, it should not be removed.

My last reason why outdoor recess is crucial is because it teaches kids to socialize and make friends. Kids like to spend their time at recess playing with one another. But as they get older, they may find it harder to make new friends. This also happened to me and I didn't have anybody to hang out with for 3 months. During outdoor recess, other kids who have no one to play with usually would play with other kids who have no one to play with. But during indoor recess, kids do their own thing, just because they can. Kids who get picked on in class and at recess usually don't have anyone to talk to. But if kids make friends at recess, at least they have someone to talk to. Kids who don't like exercising would find it more appealing to exercise with others. Obviously if socializing is a major feature of outdoor recess, more friends can be made, and kids will be less lonely.

Now how do you feel about indoor recess? As you can see, outdoor recess can benefit kids around the United States by teaching teamwork, giving kids exercise, and educating kids to socialize and make friends. In my opinion, outdoor recess should be required for elementary students.