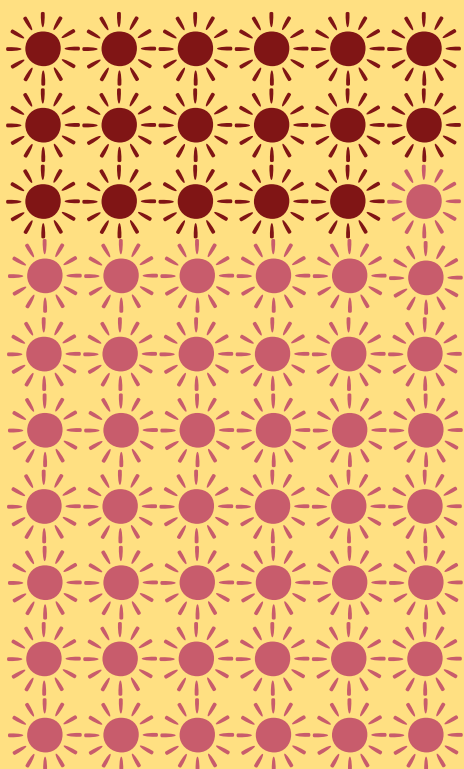
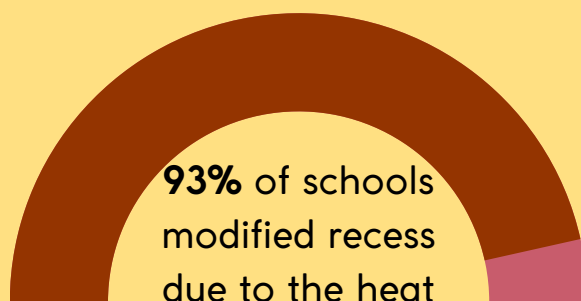


# BEAT THE HEAT: RECESS IN ARIZONA

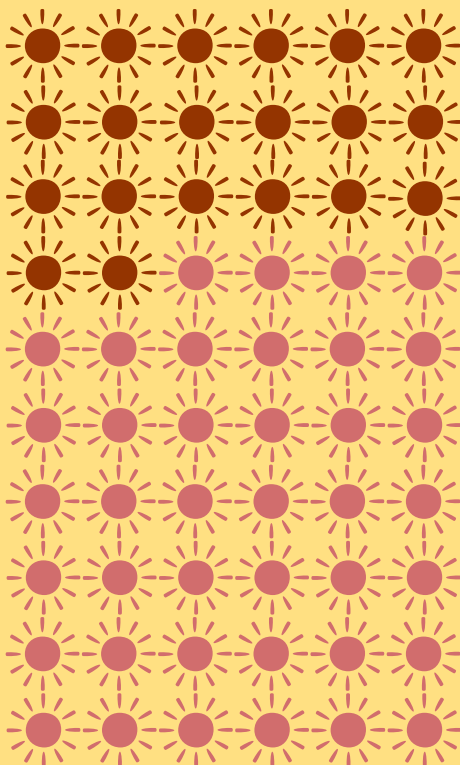


What are common recess practices in Arizona elementary schools during hot weather?

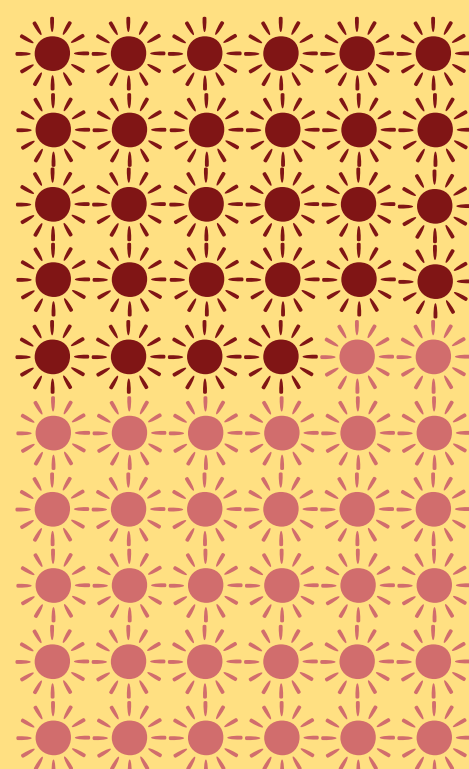
In fall 2023, we surveyed 61 physical education teachers in Maricopa County elementary schools to ask how often recess was modified because of the heat between August-October (approximately 60 school days). We asked (1) was traditional outdoor recess modified because of the heat and (2) how many days was recess modified?



On average, 17 days of recess were modified because of the heat



More than 1/3 of schools reported 20+ days of recess affected by the heat

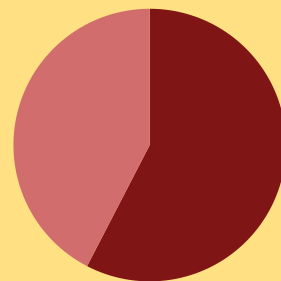


15 schools reported more than five weeks of recess affected by high heat



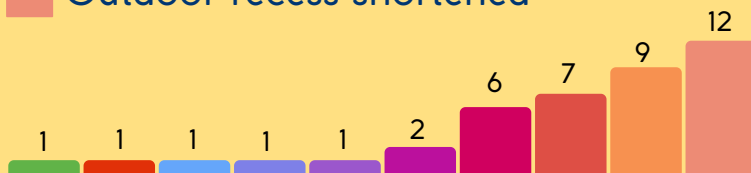
Next, we interviewed 28 teachers to learn about what recess strategies their school typically used to accommodate high heat days.

Changes Made Outside  
42.4%



Recess Moved Indoors  
57.6%

- Highly active activities limited
- Used spray bottles
- Outdoor recess was optional
- PTA brought water bottles
- Students brought water bottles
- Students required to remove jackets
- Water breaks required
- Activities limited to shaded areas
- Outdoor recess shifted to earlier times
- Outdoor recess shortened



- Extended lunchtime
- Recess moved to gym
- Recess was cancelled
- Recess moved to classroom

