

Keeping Recess in Schools Essay

The screenshot shows the EssayPro website homepage. At the top, the logo 'ESSAYPRO' is on the left, and navigation links 'How To Order', 'Reviews', 'About Us', and 'Write My Essay' are in the center. On the right, there are links for 'DBA: EPRO', 'Log In', and a blue 'Sign Up' button. The main banner features a student sleeping at a desk with a cup of pens. Text on the banner includes 'WRITING SERVICE AT YOUR CONVENIENCE', 'You - Send us your homework We - Do it all for you', and 'Grab your original paper for just \$10 per page with a free plagiarism report included'. A 'Write My Essay!' button is present. A 'Calculate the price' widget is overlaid on the right, showing options for 'Writing', 'Rewriting', and 'Editing', with 'Writing' selected. It also shows 'Essay (any type)', 'College', '2 weeks', '1 page / 275 words', 'Double spaces' selected, and a price of '\$11.4' with a 'Write My Paper' button. Below the banner, three review sections are shown: 'EssayPro Reviews' with a 4.9 rating, 'ResellerRatings' with a 4.9 rating, and 'Sitejabber' with a 4.8 rating.

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Schools all over the country are considering, if not already applying, the removal of recess for elementary school students. Having recess has scientifically proven to play a substantial part in the social development of a child, their physical health, and the amount of attention they pay in the classroom. For example the Tennessee Board of [Education](#) says, "It is the position of the NASPE that all elementary school children should be provided with at least one daily period of recess of at least 20 minutes on length" (National Association for Sports and Physical Education). Keeping recess in schools could help lower the childhood [obesity](#) rate, help children to be more attentive in class, and assist in the development of their much needed social skills. These aspects are essential to academic healthiness and to your child succeeding academically. Removing recess could cause a dramatic decline in the graduation rate in the U.S.

Keeping recess in schools has both its pros and cons. Along with the positive things presented by keeping recess there are also the things that prove to be negatives. One problem presented by keeping recess is that class time is cut shorter. Instructors are pressed to teach the lessons in a shorter amount of time. "Schools began cutting back recess in the late 1980's to allow more instructional time" (Jarret). Shorter instruction time means less time for the teachers to reiterate what has been taught that day. Another

problem with recess is that if not properly supervised children can injure themselves or one another. Also, some children get bullied while on the playground.

Even though these problems exist, recess still has its positive aspects. "A daily break of 15 minutes or more in the school...

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