

# One Recess or Two?

## Purpose

To debate whether a school should allow one recess per day or two

## Background

Taking care of the human body is important. Regular physical activity is one of the most important things you can do for your health.

Physical activity helps to:

- strengthen bones, muscles, and joints
- control weight
- reduce the risk of developing some diseases, including diseases of the cardiovascular system, type 2 diabetes, and some forms of cancer.

Health experts have studied the effect of physical activity on mental health. Physical activity helps people feel better about themselves. Being active also helps people deal with stress. Some experts think that people who get regular physical activity have an easier time focusing on difficult tasks. Exercise helps the heart pump blood to the brain without it the brain gets sluggish. Physically active people sleep better, and so they have more energy to do the things they need to do each day.

## Proposal

The school principal should take away one recess per day.



## Situation

The students at Test Toppers School get two recesses every day—one in the morning and one in the afternoon. Students are also encouraged to be physically active during half of their lunch period.

Mr. Scholarly, the school principal, understands the value of physical activity. But he thinks that students need more time in class. He wants students to study more to improve their test scores. He thinks that removing the afternoon recess will provide more time for schoolwork.

**Proposal:** The school principal should take away one recess per day.

**Pro Card**

Who I am:

What's important to me:

Why I like this idea:

**Con Card**

Who I am:

What's important to me:

Why I do not like this idea:

**Pro Card**

Who I am:

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**Proposal:** The school principal should take away one recess per day.

## Pro Card

**Who you are:** Mr. Scholarly, the principal of Test Toppers School

**What's important to you:** Students' education

**Why you like this idea:**

1. Fewer recesses means that students will have more time for studies.
2. Teachers will have more time to help students understand the material.
3. Students have plenty of time for play before school, right after lunch, and during the morning recess.

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## Con Card

**Who you are:** Mrs. Bea Healthy, a teacher at Test Toppers School

**What's important to you:** Well-rounded, healthy students

**Why you do not like this idea:**

1. Students can focus better after short breaks in the fresh air.
2. Recess helps students relieve stress so they can focus and learn.
3. Students have a lot of classwork, and they also attend after-school programs. They need fresh air and periods of free, active time during the day.

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## Pro Card

**Who you are:** Abel Achieve, parent of a student at Test Toppers School

**What's important to you:** My children's grades

**Why you like this idea:**

1. Your children need more time to get started on homework. Having no afternoon recess will help.
2. Having more class time will help your children understand the subjects better and get better grades.
3. Your children are in after-school sports programs, so they get plenty of physical activity.

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## Con Card

**Who you are:** Portia Playful, a student who loves recess time

**What's important to you:** Breaks from classwork and fun with friends

**Why you do not like this idea:**

1. Studying is hard work. You look forward to regular breaks to refresh your brain and to play with friends.
2. Not having recess would make class time feel too long. You and your friends would probably get restless.
3. Several short breaks make the day go by faster.

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