



PS1x THE COURTLANDT SCHOOL

*"A RIGOROUS LEARNING ENVIRONMENT DEDICATED TO DEVELOPING
CREATIVE, INQUISITIVE, CARING, & SELF-REFLECTIVE LEARNERS"*

Jorge Perdomo, Principal

Indoor Recess Plan

During inclement weather we want our students to be as active as possible. Winter forces our students to have recess in the auditorium for much of the school year. We have created a variety of activities and programs that will serve as an effective way to keep our students active during indoor recess.

Auditorium: If the gymnasium is not available for recess, than recess will be held in the auditorium

Workout Slideshow: *Video of the students performing this is provided on our CD**

- Students will follow the exercises that are presented on the big screen
- They will perform the activity while standing at their seat
- Every time the screen changes the students will perform the new exercise
- The exercises include upper body, lower body, cardio, and stretching

Workout Videos:

- We have a few different kid geared workout videos
- Students will follow the video while standing at their seats
- Some students may perform the exercises in the front of the auditorium as a leader

Move-to-Improve Activities:

- The Alley Cat dance to the song "Happy"
- Movements to "True or False" questions
- For more information on MTI please visit the website below

<http://schools.nyc.gov/Academics/fitnessandhealth/moveimprove/default.htm>

Gymnasium: If the schedule allows, indoor recess may take place in the gymnasium

Playworks Activities:

- Four Square
- Switch
- Wall Ball
- Knockout

**You will find a PlayWorks training certification of completion in the next page (all recess staff were trained)

In addition to Playworks other activities include

- Hula- hoops
- Jump rope
- Basketball shooting