



WEST TV RECESS HANDBOOK

2017

TABLE OF CONTENTS

GENERAL RECESS RULES..... 3
 Be Safe, Be Respectful, Be Responsible!3
 Playground Boundaries4
 Playground Map5

PLAYGROUND EQUIPMENT RULES 6
 Balance Beam.....6
 Barkchips.....6
 Cones6
 Dome6
 High Bars.....6
 Hula Hoops7
 Jump ropes7
 Play Structure.....7
 Squiggly Bar7
 Swings8

GAME RULES..... 8
 Basketball8
 FLAG FOOTBALL (4th-5th).....8
 Kickball9
 Spider9
 Tag GAMES9
 Tether Ball 10
 Ultimate Football 10
 WallBall 11

Problem Solving 11

PBIS Behavior Expectations 12

GENERAL RECESS RULES

BE SAFE, BE RESPECTFUL, BE RESPONSIBLE!

1. All PBIS Behavior Expectations apply. (See PBIS Behavior Matrix)
2. Teachers and supervisors are to walk students out to the playground.
3. Rough play is not permitted.
4. Students must keep hands and feet to themselves at all times.
5. No picking up, piggyback rides, grabbing or pushing of any kind.
6. Chase - running games are permitted. Use butterfly touches for tag games.
7. Students will settle differences peacefully using PBIS problem solving strategies.
8. Students may play pretend games using nature, but will not destroy nature.
9. All nature must be left on the ground at the end of recess.
10. Under the covered area students may play basketball, wall ball, 4-square, spider and other ball games.
11. Balls may not be kicked under the covered area.
12. All food and lunch items remain in the cafeteria.
13. Students must walk on all paved areas, except for basketball and spider games in the undercover area.
14. All personal toys and sports equipment must stay at home.
15. Students may play with recess equipment on the blacktop, field, and other designated locations.
16. Students may play catch with a nerf football and other recess equipment designated for playing catch.
17. Ask for permission when leaving for the restroom/office and receive a pass from the recess supervisor.
18. Students stay within the permitted areas: blacktop, field, and bark chips. It is important for students to stay in view of the supervisor.
19. Running is permitted in the field and bark chip area.
20. At the end of the day students will leave the playground after school and not return until after 4:00 p.m. unless supervised by a parent.

21. Lining up: When the whistle blows, students “freeze”- both bodies and voices. When the whistle is blown twice, students return equipment and walk quietly to stand in line. Lining up is a transitioning time and talking should be kept at a minimum.
22. Upper playground is closed when if there is not adequate supervision.
23. Orange cones can be used to mark off spaces that are off limits for the day.

PLAYGROUND BOUNDARIES

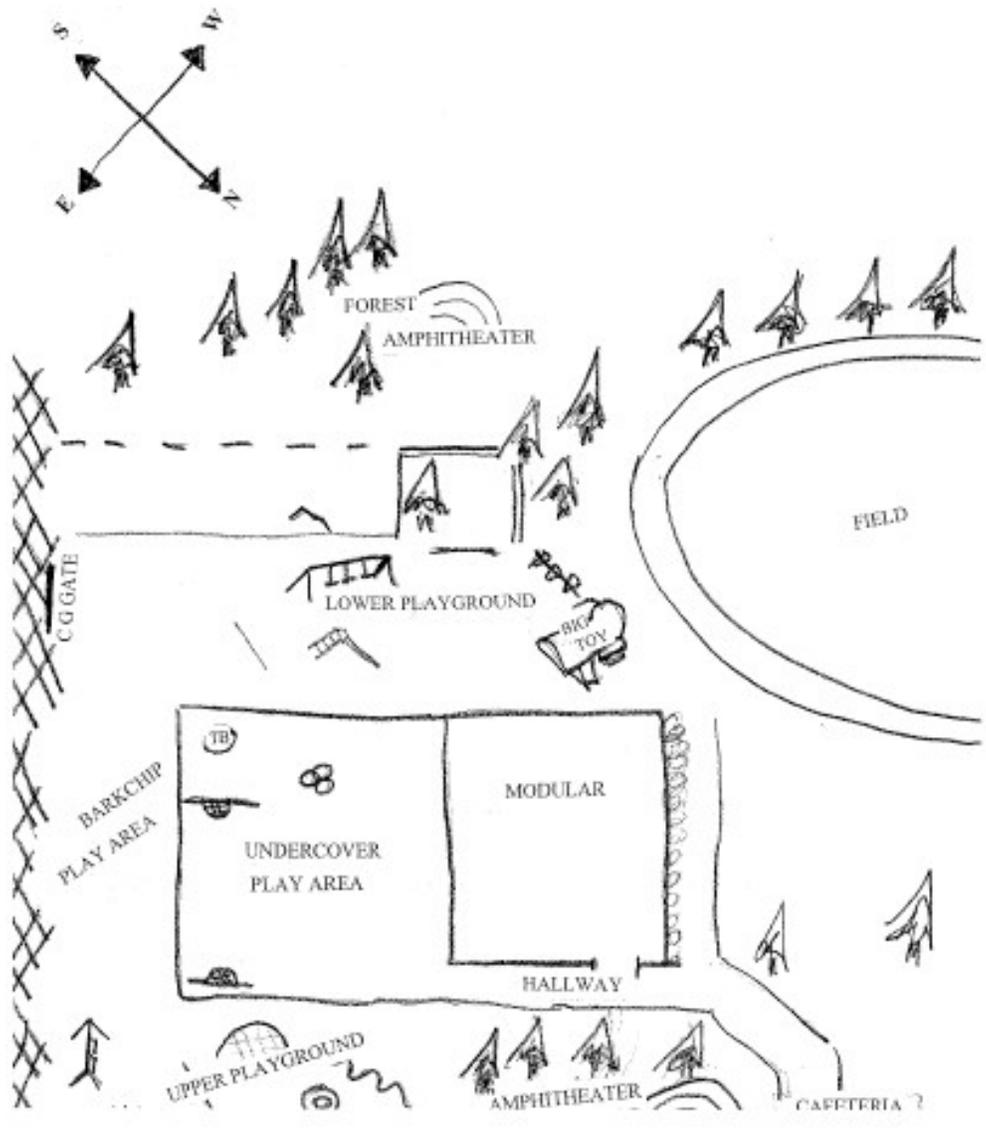
West: The bark chip-walking track. Students are not allowed outside of this track. This includes the bleachers on the far side of the rocks behind the backstop of the kickball field and the hills/slopes.

South: The bark chip track marks the south and west field boundary. Students are not allowed in the trees. The trees just outside the railroad ties in the bark chip area mark the south boundary.

East: Bark chips, railroad ties and blacktop mark the east boundary. The grassy area may be open for play when it is not muddy.

North: Students are not allowed in trees near the amphitheater or past the bark chip area of the upper playground.

PLAYGROUND MAP



PLAYGROUND EQUIPMENT RULES

Recess equipment is very expensive to repair and replace. Please teach the students to respect our equipment. Return Equipment to the cart at the end of recess. Teachers designate a student whose classroom job is to scan the playground for equipment and be the last person in line.

BALANCE BEAM

1. Walk across.
2. Keep hands to yourself.
3. Jumping off and bouncing permitted.

BARKCHIPS

1. Bark chips can be used for safe pretend games.
2. If bark chips are moved around put them back in their original location.
3. Chase and running are permitted.
4. Tagging or capturing that involves rough touching or grabbing is not permitted.
5. Use flags for “Flag Tag” in the field or butterfly touches.

CONES

1. Mark off areas that are off limits.
2. Define football boundaries.

DOMES

1. One hand must be on the dome at all times.
2. Sit or crawl across top only.

HIGH BARS

1. Twirling and flipping allowed.
2. Sit on the high bar only.
3. Hang and drop from the high bar – no jumping from a sitting position on the high bar.

HULA HOOPS

1. One person at a time.
2. No “pulling” students or other actions that bends or damages the hula-hoops.
3. Hula-hoops may not fly through the air.

JUMP ROPES

1. Jump ropes may only be used as a jump rope.

PLAY STRUCTURE

1. Walking on play structure only.
2. Only one student may go down the slide at a time.
3. Slide down slides only.
4. Sitting or standing on the top bars is not permitted.
5. Tag or chasing games are not permitted.
6. The yellow arch may be climbed, but feet must remain on lower bar.
7. Climbing or standing on top of the arch is not permitted
8. Circle monkey bars can only be used for hanging and swinging under it.
9. Students may stand on top of last blue triangle and hold on to top yellow bars. Yellow bars may not be stood on.

SQUIGGLY BAR

1. The top of the bar is for holding with hand and the bottom is for feet.
2. Cross in one direction.
3. Do no pass over someone.
4. After crossing, walk around to rejoin the line.
5. Jumping off is not permitted.
6. No flips.

SWINGS

1. One person per swing.
2. Sitting on bottom only.
3. Dipping motions is not permitted.
4. Students should swing with a back and forth motion.
5. If waiting for a swing, count 100 alligators.
6. Let the other student know that you are counting on him/her.
7. Swings chains may not be twisted.

GAME RULES

BASKETBALL

1. Maximum of 5 players on a team.
2. Select team captains by using rock, paper, and scissors.
3. Divide teams equally.
4. Pass ball to all on team.
5. No stripping the ball (knocking it out of a player's hands).
6. Physical contact is not permitted.
7. Person to person guarding.
8. 3 Foot Rule applies: must be three feet or about an arm's length away from player that you are defending.

FLAG FOOTBALL (4TH-5TH)

1. Maximum of 10 players on a team at one time.
2. Select teams by using rock, paper, and scissors if there is disagreement an adult will choose.
3. Players must wear flag belts.
4. Players must wear belts outside of clothing, not guarding of one's own belt is allowed. If this occurs, player is ejected from game.
5. No physical contact- shoving, pushing, tackling is allowed.
6. Players need to try to stay on their feet and upright.
7. Only school footballs (nerf or softplay) can be used, therefore, no footballs from home are allowed.

KICKBALL

1. Select team captains by using rock, paper, and scissors. If students cannot quickly pick a captain for each team an adult chooses.
2. Divide teams equally by size and skill; include all who want to play.
3. All players must kick for themselves.
4. No stripping the ball (knocking it out of a player's hands).
5. Physical contact is not permitted.
6. Teams switch places when they have three outs.
7. A pop fly, that is caught, is an out.
8. To get a runner out, tag the runner with the ball in your hand/arms. A player can tag the base to get a runner out.
9. Players must run if someone is behind them.
10. Leading off or stealing bases is not permitted.
11. Pitcher/ roller trades off with other players after 5 rolls.

SPIDER

1. Can be played on 4 square courts when it is not being used for 4 squares.
2. The person in the middle of the 4 squares is the spider.
3. Each corner has a player standing on it.
4. Players try to change places with a player next to them without the spider seeing.
5. If the spider gets to the corner before a player gets there, the player is out and the spider takes the corner.
6. A new spider comes in and the game begins again.
7. Touching, pushing, shoving is not permitted.

TAG GAMES

1. Tag games must always use butterfly touches and may only be on the shoulders, back or arms.
2. Boundaries are determined by an agreement before the game begins and cones can be used.
3. Students must agree on the specific TAG game before it begins.

TETHER BALL

1. One student selects side while the other gets to serve.
2. Only one serve allowed.
3. Each player may hit the ball one time on his or her side.
4. When the rope is wound all the way around the pole, there is a winner.
5. Three wins then recycle.
6. First player in line is judge.
7. A player is out if:
 - a. The rope is grabbed
 - b. Two hits occur
 - c. The winner stays in and serves while the incoming player chooses side and direction.

ULTIMATE FOOTBALL

1. Select teams by using rock, paper, and scissors. If there is disagreement an adult will choose.
2. Only school footballs (nerf or softplay) can be used, therefore, no footballs from home are allowed.
3. Object is to catch the ball or object in the end zone.
4. Whatever side is your team at the start, the opposite side becomes your end zone.
5. Players must use arm length rule when guarding players.
6. Player must not take more than 3 (deceleration) steps when catching ball.
7. Player cannot move feet (except for a pivoting) after they have caught the ball.
8. Player must throw ball within five seconds.
9. Play begins with a PULL. It is required to alert opposing team of the pull by holding arm and ball up and shout, "pulling."
10. During play if a student misses or drops ball, it is a turnover and the other team gets the ball at the place where it was missed. (Students have practiced this game in PE class).

WALLBALL

K-3rd

1. Two players only.
2. If there is a disagreement, the 1st person waiting in line is judge.
3. No arguing. The judge has final say, (and we know that judges are FAIR).
4. Shots that you can use: 3-second bus stop (catch and hold ball for 3 seconds and then hit it), babies (a drop shot), pop stops or bubbles (hit the ball up off hand several times and then can hit it to the wall).

4th and 5th

1. Same rules as K-3rd with these additions:
2. Skimmers are acceptable shots.
3. If you want to use another shot, you must make agreement with handshake with your opponent(s) before you play.
4. All must agree. All of these shots must be “bounce and strike” shots. (For example, no holding for more than a bus stop, etc.)

PROBLEM SOLVING

Use Rock, Paper, Scissors if a disagreement arises.

PBIS BEHAVIOR EXPECTATIONS

	Respectful	Responsible	Safe
CLASSROOM	<p>*Respect- use kind words and soft voice.</p> <p>*Commitment- follow directions.</p> <p>*Respect/Curiosity- Use active listening and face the speaker.</p>	<p>*Integrity/Independence- be on time, have supplies ready, complete tasks. assigned, and stay on task</p> <p>*Cooperation- participate, share and take turns.</p>	<p>*Respect- keep hands and feet to yourself.</p> <p>*Empathy- report inappropriate behaviors.</p> <p>*Confidence- make good choices.</p>
HALLWAYS/ BATHROOMS	<p>*Cooperation/Commitment- ask permission and have a pass with you, if necessary.</p> <p>*Respect- walk silently, no socializing in the bathrooms.</p>	<p>*Integrity/Independence- walk safely and with a purpose.</p> <p>-use bathroom manners: flush, wash hands, put paper towels in trash.</p>	<p>*Cooperation- walk on the right side of the hallways.</p> <p>*Empathy- be aware of personal space.</p>
PLAYGROUND	<p>*Empathy/Tolerance/Respect/Cooperation/Appreciation- demonstrate and encourage friendly behavior, include others, and use positive language.</p>	<p>*Confidence- make good choices and use practiced method to solve problems.</p> <p>*Cooperation- use good sportsmanship.</p>	<p>*Cooperation/Integrity- use equipment properly and safely, walk on the blacktop.</p> <p>*Empathy- be aware of personal space.</p>
CAFETERIA	<p>*Appreciation/Respect- use “please” “thank you” “excuse me”</p> <p>*Tolerance/Respect- sit properly and have positive conversations at the table.</p>	<p>*Cooperation- clean up eating area, throw away trash, return tray properly, and stand quietly.</p> <p>*Integrity- only eat your own food.</p>	<p>*Cooperation/Independence- raise your hand to get up from your table, walk at all times.</p> <p>*Respect- keep hands, feet, and food to self.</p>

ASSEMBLIES	<p>*Respect/Curiosity- Use active listening and face the speaker, sit properly and keep hands in lap, raise your hand and ask for help if you need something.</p>	<p>*Enthusiasm/Appreciation- participate and respond appropriately.</p>	<p>*Cooperation- enter and exit quietly and orderly.</p> <p>*Empathy- be aware of personal space and sit on your bottom.</p>
ARRIVAL & DEPARTURE	<p>Principled-Follow the directions of people on duty.</p> <p>Independence-Wait calmly and use conversational voices.</p> <p>Caring-Be courteous and polite.</p>	<p>*Independence-Go directly to the gym or cafeteria in the morning.</p> <p>*Cooperation-Get permission from an adult to enter/re-enter the building.</p>	<p>*Cooperation-Walk with your class to the bus.</p> <p>*Respect-Keep hands, feet and objects to self.</p> <p>*Integrity-Walk at all times.</p>