



Active Indoor Recess Ideas



Recess provides students the opportunity to be physically active during the school day. When outdoor recess is not an option, support student academic success and social-emotional development with these movement activities.

Movement Activities

- Hula-hooping
- Stretching and yoga
- Balloon volleyball
- Heads Up, Seven Up
- Dance to music
- Movement videos – GoNoodle, yoga, dance, etc.
- Active games – see [Playworks game library](#) for ideas



Management Tips

- Provide options and empower students to choose the activity, game, or movement.
- Consider selecting students to lead the activity.
- As rules are introduced, ask students to repeat to confirm their understanding.
- Participate – students are more likely to join in if you are involved the activity.
- Utilize relationships with school administration and PE staff to build buy-in and support.
- Align activities with school and classroom culture and goals.
- Partner with students to create and share behavioral expectations that promote safe and appropriate physical activity.

Helpful Websites

[Playworks Guide to Indoor Recess](#)