STATE OF NEW YORK

6858

2025-2026 Regular Sessions

IN SENATE

March 25, 2025

Introduced by Sen. MAY -- read twice and ordered printed, and when printed to be committed to the Committee on Education

AN ACT to amend the education law, in relation to providing for daily recess for elementary students

The People of the State of New York, represented in Senate and Assembly, do enact as follows:

Section 1. The education law is amended by adding a new section 813-a to read as follows:

§ 813-a. Daily recess for elementary students. 1. (a) The legislature recognizes that recess is essential to the physical well-being and mental health of elementary school students. Young students learn through play. Given the nation's youth mental and physical health crisis, rising obesity levels among children, and decline in skill-building and peer group formation during the COVID-19 pandemic, it is vital to support student socialization, creativity, and stress release through free play. Recess is a critical part of the school experience and contributes to academic success and social cohesion.

(b) The legislature also recognizes that the amount of time spent on recess varies throughout the state and that children in different school districts may not have equal access to outdoor, self-directed play time. The requirements set forth in this section are minimum requirements and school districts are encouraged to exceed such requirements.

2. (a) Each school district shall ensure that every public or private school in which school days exceed five hours in duration provides a minimum of thirty minutes of daily recess within the school day for all students in kindergarten through fifth grade and for students in sixth grade who attend an elementary school.

(b) Recess shall be supervised but should be student-directed and should not involve phones, videos, computers or tablets. The school shall provide balls, jump ropes and other materials for students to use in physical play.

EXPLANATION--Matter in *italics* (underscored) is new; matter in brackets [-] is old law to be omitted.

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(c) Recess shall be held outside whenever possible, including in the winter months, but, if held indoors shall be in an appropriate space that promotes physical activity.

(d) Lunch breaks and physical education activities shall be in addition to recess.

(e) Each school district shall develop a plan for physical play for any elementary school that does not have an outdoor playground or adequate indoor space to accommodate recess for all its students on school grounds. If no such play plan is possible, then the school district shall seek a waiver from the department.

3. (a) Recess shall not be routinely withheld as a disciplinary or punitive measure except when a student's participation in recess poses an immediate threat to the safety of any person. School districts may develop guidelines for the withholding of recess under other unusual circumstances, and any such guidelines shall be published in school handbooks and/or on school websites for parents, guardians and students to read.

(b) During the regular school day, physical activity shall not be used as punishment, such as having students run laps or do push-ups as a punitive measure.

(c) Recess shall not be withheld to have students complete academic work.

§ 2. This act shall take effect on the first of July next succeeding the date on which it shall have become a law.