What is this study about?

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The authors analyzed data from teacher questionnaires on teachers' assessments of their classrooms' behavior. The study measured effects by examining teachers' ratings of their classrooms' behavior, comparing the ratings from teachers whose students were offered daily recess with the ratings from teachers whose students were not offered daily recess.

What Two Groups of Third Graders Were Contrasted?

- Third graders who were offered more than 15 minutes of recess each day
- Third graders who did not have recess every day or had recess for 15 minutes or less each day

What did the study authors report?

The study reported that teachers rated their classrooms' behavior more favorably when their students were offered daily recess. The WWC does not consider these results to be conclusive because the research groups were not equivalent initially. The reported differences in behavior between the groups might reflect differences in the students that are not related to the amount of recess they were offered.

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