



Effect of Having Outside Playtime After Lunch

Playtime after lunch, for many years the most common practice, seems to depend mainly on local logistical conditions.



While the research appears to support having playtime prior to students eating lunch, many schools find that scheduling concerns dictate the time students eat lunch.

Possible benefits of Playtime after Lunch:

- Less time between breakfast and lunch
- More time for “some” students to eat before going out to play
- Student have time under the supervision of their teacher to wash their hands and use the restrooms before going to the lunchroom
- Students can be brought to the lunchroom by the teacher and met by the teacher after playground

What schools are doing

Pillsbury Elementary School - Minneapolis

Pillsbury has 40 minutes for noon hour and half their student students have playtime before lunch and half have it after lunch.

Champlin Brooklyn Park Academy - Champlin

Champlin Brooklyn Park Academy has playtime both before and after lunch so they don't have an overlap on the playground. K-2 have playtime after lunch and 3-5 have playtime before lunch.

Oxbow Creek Elementary School - Champlin

All students at Oxbow Creek Elementary have 50 minutes for noon-hour and eat lunch before playtime.

Clara Barton Open School - Minneapolis

At Clara Barton, students have 30 minutes to eat and 30 minutes of recess time. Some classes eat after recess, some before (because of logistics - playground not large enough for everyone at once).

Carondelet Catholic School - Minneapolis

Carondelet has 40 minutes for noon hour. The play times are before lunch for some grades and after lunch for the other grades due to playground availability.