

EDUCATIONAL INTERVENTION DURING RECESS TIME AT A SCHOOL IN ORDER TO IMPROVE ASPECTS RELATED TO THE HEALTH AND WELL-BEING OF THE STUDENT BODY

ABSTRACT

The objective of this study was to verify the changes occurred after intervention during recess time in a public nursery and primary school in Mallorca, after educational and health improvement approaches were produced. In order to verify the results, a sample of 43 students was selected from the second cycle of primary school, specifically the 5th and 6th grades at a public school on the island of Mallorca.

The main results show an increase in active play on behalf of the student body and also suggests that their friends also choose to play more actively, thus decreasing in both cases the choice of quieter games. Another outstanding result is the decrease in conflict, as cited by the teaching staff.

This current work confirms the need to intervene in the organization and the structuring of school recess time in order to increase the students' physical activity and improve the atmosphere of the school in general.

KEY WORDS

Playground, Recess, Physical Activity, Health.

