


Information:	Links:
Our website	<a href="http://www.shapearkansas.com">www.shapearkansas.com</a>
Catch-go-Dough home health program – teachers, parents, and camps	<a href="https://www.catch.org/pages/health-at-home">https://www.catch.org/pages/health-at-home</a>
Arkansas Department of Education: Covid-19 information	<a href="http://dese.ade.arkansas.gov/divisions/communications/covid-19-information">http://dese.ade.arkansas.gov/divisions/communications/covid-19-information</a>
Arkansas Department of Education: Playbook-reentry	<a href="http://dese.ade.arkansas.gov/divisions/special-projects/statewide-playbook">http://dese.ade.arkansas.gov/divisions/special-projects/statewide-playbook</a>
SHAPE AMERICA COVID- 19 resources.	<a href="https://www.shapeamerica.org/covid19-resources.aspx#r2g">https://www.shapeamerica.org/covid19-resources.aspx#r2g</a>
CDC School Setting: Covid-19 recommendation for Planning, Preparing, & response.	<a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Fschools-decision-tool.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fschools-childcare%2Fschools-decision-tool.html</a>
Using video cameras	<a href="https://learn.teachingchannel.com/video/video-taping-tips-for-teachers">https://learn.teachingchannel.com/video/video-taping-tips-for-teachers</a>
<p>Hi Charles,</p> <p>And these are the four points I will cover from our recess research:</p> <ol style="list-style-type: none"> <li>1. 34% of recess in moderate-to-vigorous physical activity</li> <li>2. Recess Observations: Mostly fixed equipment, Limited adult involvement, Some safety concerns, Indoor recess</li> <li>3. Benefits: physical, social, attention/problem solving</li> <li>4. Logistical challenges: Scheduling, Equipment, Discipline Alternatives, Inclement Weather, Collection of Feedback</li> </ol> 	<p>My bio is on the website here <a href="https://exerciseismedicine.uark.edu/research/research-team/">https://exerciseismedicine.uark.edu/research/research-team/</a> and I've attached a picture for you to use.</p> <p>Here is our website link. <a href="https://exerciseismedicine.uark.edu/">https://exerciseismedicine.uark.edu/</a> We do not currently have a link for the survey, as we want to update it to have COVID relevant questions and that will need to go through IRB again.</p>

**Erin Kaye Howie, Ph.D.**

*Assistant Professor  
Department of Health, Human Performance, &  
Recreation | Exercise Science*

University of Arkansas  
308I HPER Building  
Fayetteville, AR 72701
