

RECESS

20.1. Vocabulary

Ex. 1. Match the words with their Russian equivalents.

1. gym	a. качели
2. supervise	b. наблюдать
3. recess	c. игровая площадка
4. seesaw	d. игровой комплекс
5. playground	e. участвовать
6. play structure	f. перемена
7. monitor	g. спортзал
8. participate	h. контролировать
9. break	i. перерыв
10. slide	j. горка

Ex. 2. Translate the sentences into English.

1. Мне нужен перерыв после трехчасовой учебы подряд.
2. Сара каждое утро ходит в спортзал на тренировку.
3. Учителю нужно следить за учениками во время экзамена.
4. Я бы с удовольствием поучаствовала в школьной научной ярмарке.
5. Дети играют на детской площадке во время перемены.
6. Игровая площадка в парке совершенно новая и красочная.
7. Во время перемены учащиеся могут поиграть на улице и отдохнуть.
8. Дети по очереди катаются на качелях в парке.
9. Горка на детской площадке очень высокая и быстрая.
10. Учитель будет наблюдать за учениками во время экскурсии.

20.2. Reading

Ex. 1. Read the text.

Recess

Recess is a general term for a period in which a group of people are temporarily dismissed from their duties. In education, recess is the American term (known as

break or playtime in the UK), where students have a mid morning snack and play before having lunch after a few more lessons.

Breaks are commonly scheduled before and after lessons, and usually last around 10 to 30 minutes. Longer breaks such as lunch breaks that occur during the school day allow children to eat and play before returning to class.

Recess helps students to achieve better academic performance. Cognitive scientist Adele Diamond reports that recess improves attention, concentration, self-control, memory, mental clarity, creativity, problem-solving abilities, abstract thinking, and academic performance. Recess also helps students to burn off energy and refresh themselves.

During recess, children participate in various activities on the playground, including organized games like tag or soccer, as well as unstructured play such as chasing each other or climbing on a play structure. Play structures often include swings, slides, seesaws, jungle gyms, and monkey bars.

Recess is typically supervised by one or more adults, known as recess monitors or supervisors. Their role is to ensure the safety of the students and to intervene if any conflicts arise. They may also facilitate games and activities, but generally, they allow the students to engage in independent play.

While recess is an important part of a child's school day, it is not without its challenges. Conflicts can sometimes occur between students, and there is a risk of injury during physical play. It is the responsibility of the recess monitors to address these issues and to create a positive and inclusive environment for all students.

Overall, recess provides a much-needed break for students and allows them to socialize, exercise, and recharge before returning to the classroom. It is an essential component of a well-rounded education and should be valued and protected.

Ex. 2. *Answer the questions.*

1. What is the purpose of recess in education?
2. How does recess benefit students academically, according to cognitive scientist Adele Diamond?
3. What types of activities do children typically engage in during recess?
4. Who supervises recess and what is their role?
5. What are some potential challenges that can arise during recess?

6. Why is it important for recess monitors to create a positive and inclusive environment?
7. How does recess contribute to a well-rounded education for students?