

# FUTURE ELEM School Design Notes (Physical Education / Recess)

## Notes on New Elementary School District Design Meeting

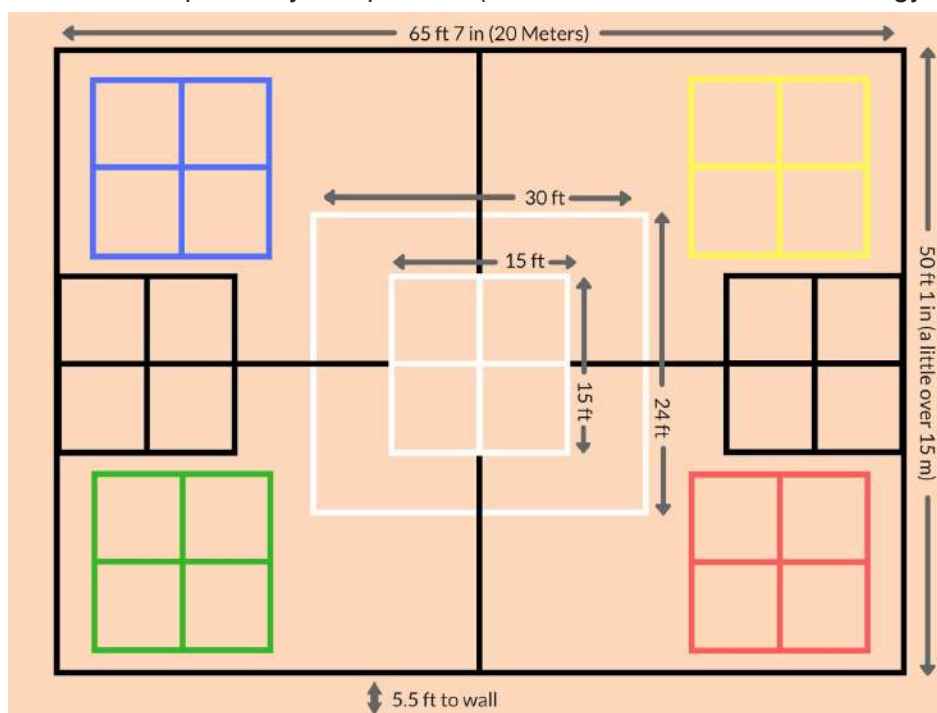
### Things every Gym / Phys Ed Program NEEDS:

- **A Bathroom and Water Fountain** (or 2 water fountains would be even better) in the gym - it can be a single shared bathroom if needed and it's nice to have the water fountain and bathroom in an alcove to prevent kids running into the door when it opens or slamming into the water fountain during and activity. Think about 60 kids doing exercise and movement for an hour and trying to share one water fountain.
- **A Quality Sound System** that is Mounted on a wall and protected with a case from any balls or after school program activities. It should be Bluetooth capable as well so teachers can stream music from a phone or tablet.
- **A Wireless Mic for the teacher** that plugs into the sound system: Having a wireless mic allows you to teach more effectively, allows students to hear instructions more clearly even when they are spread out across the gym and especially with large numbers it makes management much more simple.
  - This is the one we have and it works great: <http://amzn.to/2s0gJ8i>
- **A large equipment room** with shelving along the walls for organization, plastic storage bins, rolling carts, buckets, containers, gymnastics equipment (mats, wedges, rolling cart to transport and store mats).
  - Recommend at least 540 Sq ft based on other schools
  - Rolling Ball Cart Example <http://amzn.to/2rH2LsF>
  - Gymnastics Mat Storage Cart: <https://amzn.to/2ruv0wc>



- **An Office big enough to be shared by 2 teachers that is connected to the gym**
  - Recommend at least 170 sq ft to allow room for 2 desks, bookshelves and filing cabinets
- **A Big Screen either a Flatscreen TV (70 inches or more) or a Wall or Ceiling Mounted Projector.** Either the screen or projector should be protected by a cage or plexiglass to keep it from getting damaged by a ball or during after school activities.
  - In my opinion is a non-negotiable: The ability to show demonstrations, follow along workouts, professional athletes and other important visuals allows teachers to increase student motivation and communicate much more clearly to students what correct form looks like for a variety of skills.

- **2 Doors to allow better traffic flow** - ability for one class to exit while another class enters if needed.
- **Floor Lines that make sense** for the grade levels being taught (4 square lines, agility ladders on the outsides of the lines, Squad spots for assigned seats on the floor, lines to split the gym vertically and horizontally). Lines that are 20 meters apart for the Pacer Test, if the endlines are more than 20 meters, create a dotted line. Example of my setup below (it's a little smaller than an ideal gym space):



- **Adjustable basketball goals** for teaching basketball and allowing teacher to make height adjustments based on the age of the students and skill level. Recommend at least 6 baskets minimum (2 regulation goals and 4 adjustable goals on the sides of the gym)
- **Wall Mounted Climbing Equipment (Rock Wall, Monkey Bars, Cargo Net, Pull Up Bars)**
  - Climbing equipment is the best way to allow kids to develop upper body strength in a way that they find challenging, fun and motivating. Most people don't love to do pushups and pullups - kids LOVE to climb on stuff. Recommend 30-50 ft of climbing wall, 1-2 monkey bars, a cargo net and 1-2 pull up bars.
  - It works better to have each element mounted in a different area of the gym to allow for students to work on each element as a station activity since it can only accommodate so many kids at a time
  - We purchased all of our climbing equipment from Everlast Climbing Company



- **Flexible Seating (Benches)**

- At least 4 benches that can be used for seating if needed and can be easily moved and also used for balancing or team building activities
- We have 4 sets of balance benches from Laurentian that are awesome and have held up with heavy use for the life of the school ([Here's a link](#))



- **Quality Flooring:** Hardwood or durable rubber that bounces a ball well and allows for less of a hard fall when students do trip or fall on the ground.
- **Quality Lighting:** Lights that have dimming capabilities and options to go half on and half off for the times when students are watching a video demonstration or following a workout on the screen
  - If the gym has windows, will there be a way to block the sun to keep it from glaring on the screen/projector when it's in use?
- **Separate Storage for Afterschool Program**
  - No PE teacher or PE Program should have to share equipment or storage with an afterschool program.



## The Ideal Recess Area - Playground for 1st - 5th Grades

### ● Playground Equipment

- Entire area fenced in for safety and to keep balls from rolling away
- Slides, Monkey Bars, Climbing Stuff, Spinning Things, Swings, Fun Stuff to accommodate lots of kids at the same time
- Concrete basketball court with at least 2 basketball goals
- At least one gazebo cover for shade with picnic tables underneath
- Concrete space for 4 Square Courts (each court is a 15 ft x 15 ft square) and you want about 5-10 feet in between the court lines so kids aren't playing right next to each other
- Walking track paved around the perimeter (sidewalk style) for walking or jogging laps
- Green space for running around, playing kickball / throwing and catching / tag games etc or whatever kids want to use it for
- Heavy Duty Water Fountains out on the Playground for kids to get water while at recess
- 2 Heavy Duty Soccer Goals set in the ground or ones that can be anchored and left out
  - Some examples of freestanding ones ( [6.5 x 18](#) or [7 x 12](#) ) Not sure if this supplier or brand is the best, but that's the type of goal I'd recommend or one that is set in the ground [and stays there like this one](#) (12 x 6) below



**A snap of our Recess Playground setup below (birds eye drawing on next page):**



[SIMILAR TO  
LAYOUT AT  
RIVER SPRINGS]

# RECESS PLAYGROUND (1ST - 5TH)

