



# Enhanced PE Movement

## — Recess Rescue —

♥ *The Heartbeat of Every School*

### *Recess Activity Guide*



*Anthony Caputo*



**ENHANCED  
PE MOVEMENT**

**Anthony Caputo  
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## About the Author



**Anthony Caputo, M.S. Ed.  
Founder of Enhanced PE Movement™ “The Heartbeat of Every  
School”**

**Anthony Caputo is a passionate educator and leader with a career dedicated to transforming youth programming into a source of connection and growth. With over 10 years in education, Anthony specializes in creating environments that emphasize teamwork and joy.**

**His extensive background includes serving as a Director of Afterschool Programming and a Before-School Program Coordinator, giving him a unique understanding of how to support children through every energy level and emotion they experience throughout the day. This experience has made him highly attuned to the intersection of movement and emotional literacy, allowing him to meet students exactly where they are to guide them toward physical and emotional balance.**

**Through Enhanced PE Movement, Anthony blends social-emotional learning (SEL) and physical activity into a seamless system designed to build character, empathy, and connection. He writes from the perspective of an administrator who understands the necessity for purposeful, inclusive programs, and a leader who knows how to make movement engaging and fun.**



## **The Recess Rescue Philosophy: Structure Creates Safety**

**The philosophy behind Recess Rescue is simple: chaos breeds conflict, while structure fosters safety. Research shows that the majority of behavioral incidents and injuries occur during unstructured free time when students lack direction. This guide “rescues” recess by replacing aimless wandering with organized, purposeful play. By providing students with clear, color-coded zones for engagement, whether they need to burn energy in the **Red Zone** (Locomotor Movements), build skills in the **Blue Zone** (Gross Motor Movements), or regulate in the **Green Zone** (Sensory Grounding), we eliminate the friction of boredom. When students are actively engaged in meaningful movement, behavioral issues naturally decline, creating a playground environment that is safer, calmer, and more fun for everyone.**

# READY FOR RECESS? THE ULTIMATE RECESS BAG



# RED LIGHT, GREEN LIGHT



**EQUIPMENT NEEDED:**



# HOW TO PLAY

## 1. GREEN LIGHT:

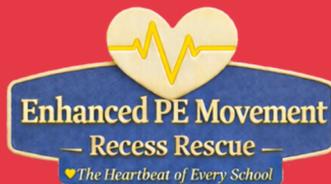
The Aide (or Helper) turns their back and yells "Green Light!" (Runners run forward).

## 2. RED LIGHT:

The Aide (or Helper) turns around fast and yells "Red Light!" (Everyone must FREEZE).

## 3. THE CATCH:

If you move during Red Light, you must go back to the start line.



Are they running too fast? Add a "YELLOW LIGHT" rule where all students must walk. Add different locomotor movements each round.

# DRIBBLE & FREEZE



## EQUIPMENT NEEDED:



# HOW TO PLAY

## 1. GO:

Everyone has a ball. Dribble anywhere within the cone boundary. Keep your head up and watch out for others!

## 2. FREEZE:

When the whistle blows, Trap the ball immediately (put your foot on top or hug it).

## 3. CONTROL:

If your ball rolls away, or you don't freeze fast enough, practice your dribbling skills off to the side until the next round.



## SAFETY CHECK:

Is it too crowded? Split the group. Dribble and Freeze on one side, other half are judges. Switch every round.

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**“The Heartbeat of Every School”**