



Enhanced PE Movement

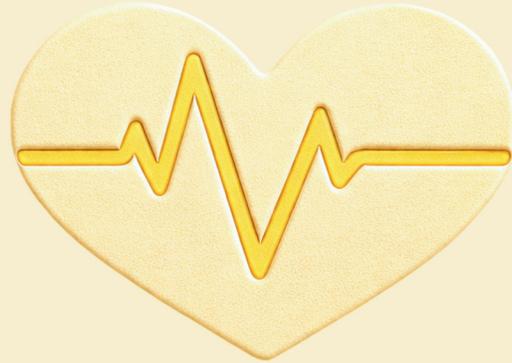
— Recess Rescue —

♥ *The Heartbeat of Every School*

Teacher's Guide



Anthony Caputo



**ENHANCED
PE MOVEMENT**

**Anthony Caputo
2026**



About the Author



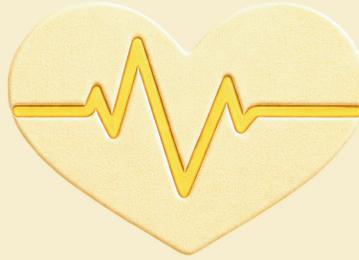
Anthony Caputo, M.S. Ed.

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.



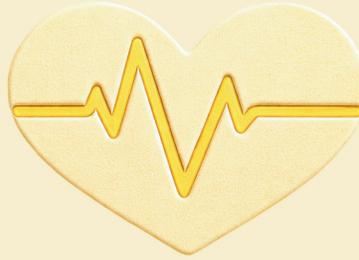
From Chaos to Calm: The Science of the Recess Reset

The 5-Minute Gap That Defines Your Afternoon.

Every teacher knows the "Playground Buzz." Students return from the playground flushed, energetic, and often carrying the emotional baggage of a conflict that happened outside. Their bodies are in a state of high arousal (Gross Motor activation), but your lesson plan demands immediate focus and stillness (Fine Motor activation).

For decades, the solution has been passive: "Put your heads down for 5 minutes."

While this suppresses the noise, it does not regulate the energy. It creates a vacuum where students stew in their thoughts rather than resetting them. The Recess Rescue Student Journal replaces that passive silence with active regulation, using a method backed by neuroscience to bridge the gap between the playground and the classroom.



Why "Trace & Shade" Works (The Science)

This journal is not an art project; it is a neurological tool designed to trigger the Parasympathetic Nervous System, your body's "brake pedal."

- 1. Somatic Regulation & Fine Motor Control: Recess is a "Gross Motor" activity (running, jumping, yelling). Reading and writing are "Fine Motor" activities. The act of tracing a dotted line requires precise hand-eye coordination. This shift in physical demand forces the brain to disengage from the high energy centers and reactivate the prefrontal cortex (the focus center).**
- 2. The Power of "Flow": Research shows that repetitive, low stakes tasks like tracing induce a state of "Flow." This acts as a powerful Cognitive Distractor. By narrowing their attention to following a single line, students are physiologically distracted from emotional distress or social anxiety. It breaks the loop of "recess drama," allowing the nervous system to shift from a high-arousal state (Fight or Flight) to a calm, receptive state (Rest and Digest).**



How to Use This Guide

We have designed this program to fit seamlessly into the transition time you already have. It does not subtract from learning time, it reclaims it.

The Format: A simple, daily "Trace & Shade" activity that takes 3–5 minutes.

The Structure: Prompts are organized by month, featuring seasonal themes to keep students interest high without breaking the calming routine.

The Goal: By the time the image is traced and shaded, the "Recess Brain" has turned off, and the "Learning Brain" is switched on. Don't just ask students to be quiet. Give them the tools to be calm.

IMPORTANT NOTE ON PAGE NUMBERING & STRUCTURE:

The Cycle: Each month features 6 unique SEL prompts. In the Student Journal, these prompts repeat in a cycle throughout the month to reinforce the theme. To keep this Teacher's Guide concise, we have listed the 6 master prompts only once per month.

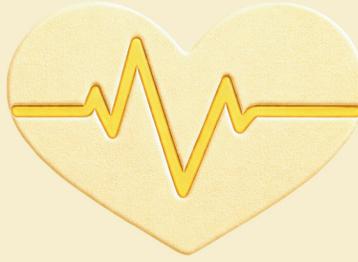
The Numbering: Consequently, you will notice significant jumps in page numbering between months (e.g., jumping from page 6 to page 25). This is intentional. The page number listed at the bottom of this guide always matches the page number the student is working on.



Theme: Safety

Look at the dotted line. It keeps the pencil safe, just like rules keep us safe. Why do you think rules on the playground help us have more fun?



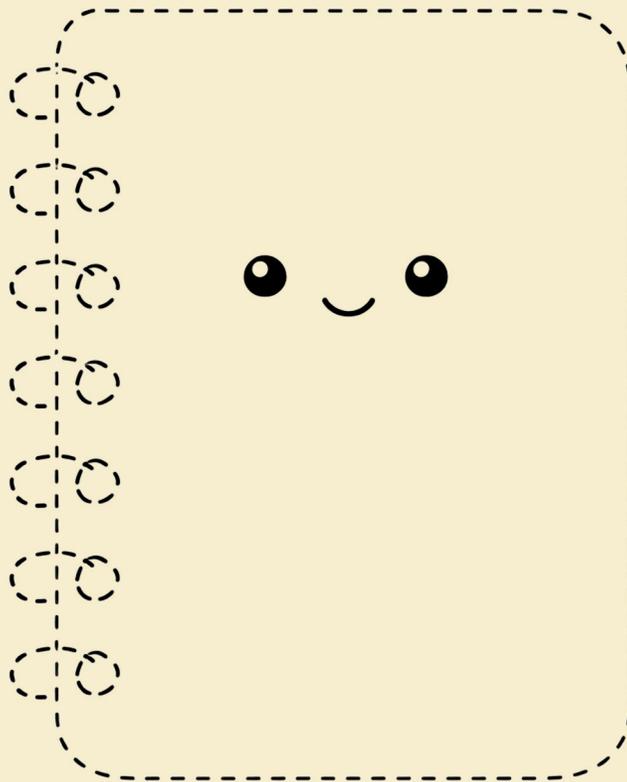


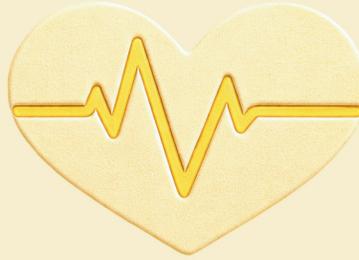
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Deep Breathing:

**Trace and shade the loops of the spiral binding.
Breathe in as you trace up, and out as you trace
down.**



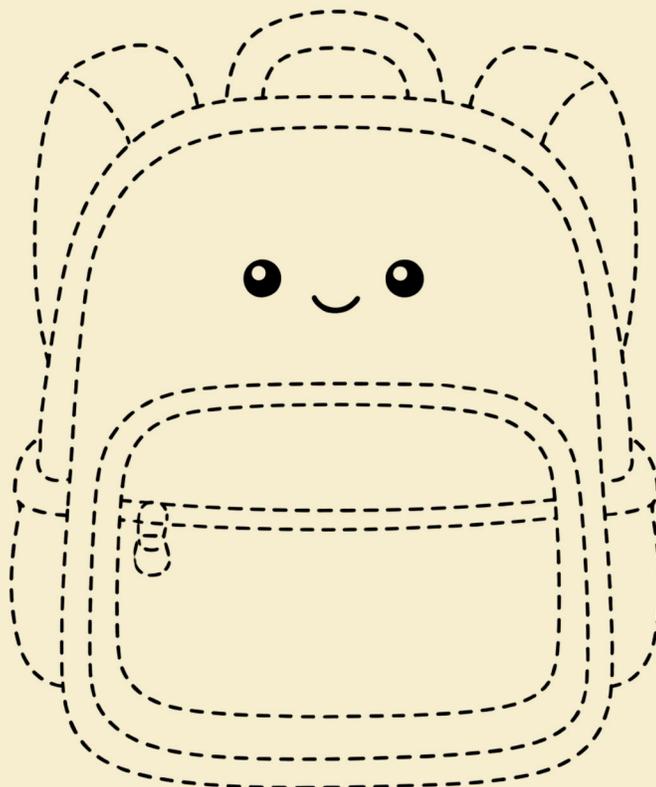


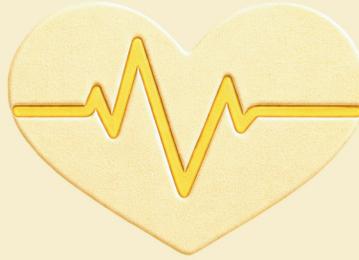
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Identifying Feelings:

Trace and shade your backpack. Inside the front pocket, write or draw the one feeling you carried into the classroom today.



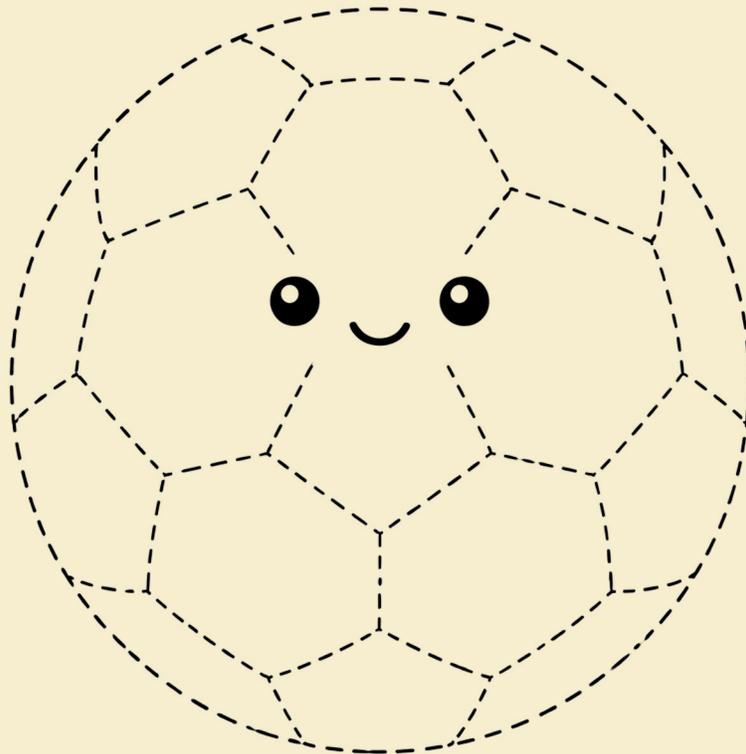


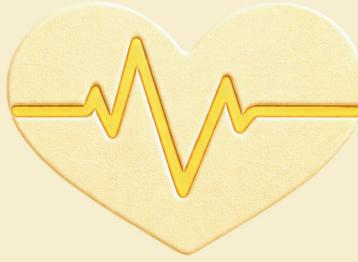
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Exercise:

Trace and shade the soccer ball. Imagine your recess energy bouncing out onto the paper so you can sit still.

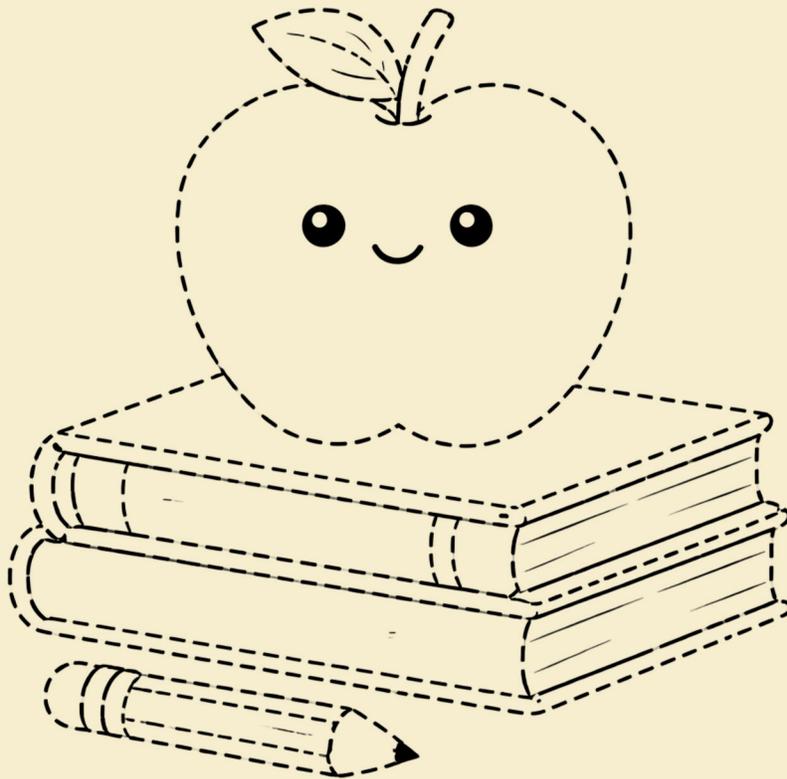


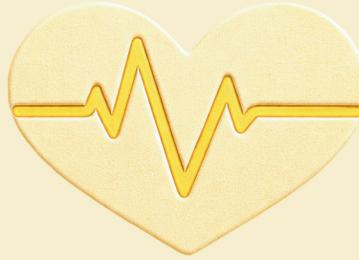


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Cool Down Strategies:
Trace and shade the smooth, round apple. As you close the circle, lock your focus for learning.



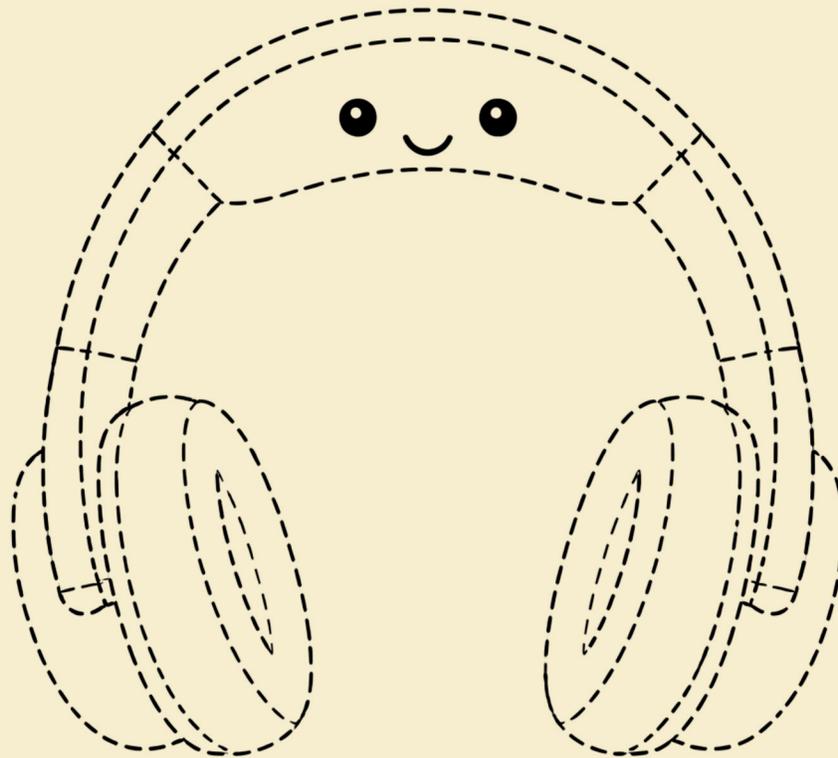


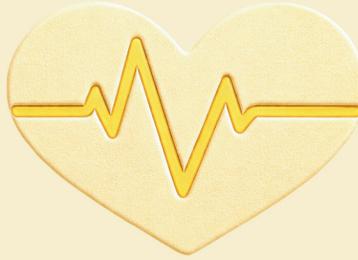
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Listening:

Trace and shade the headphones. Imagine putting them on to block out the hallway noise and tune in to your teacher.

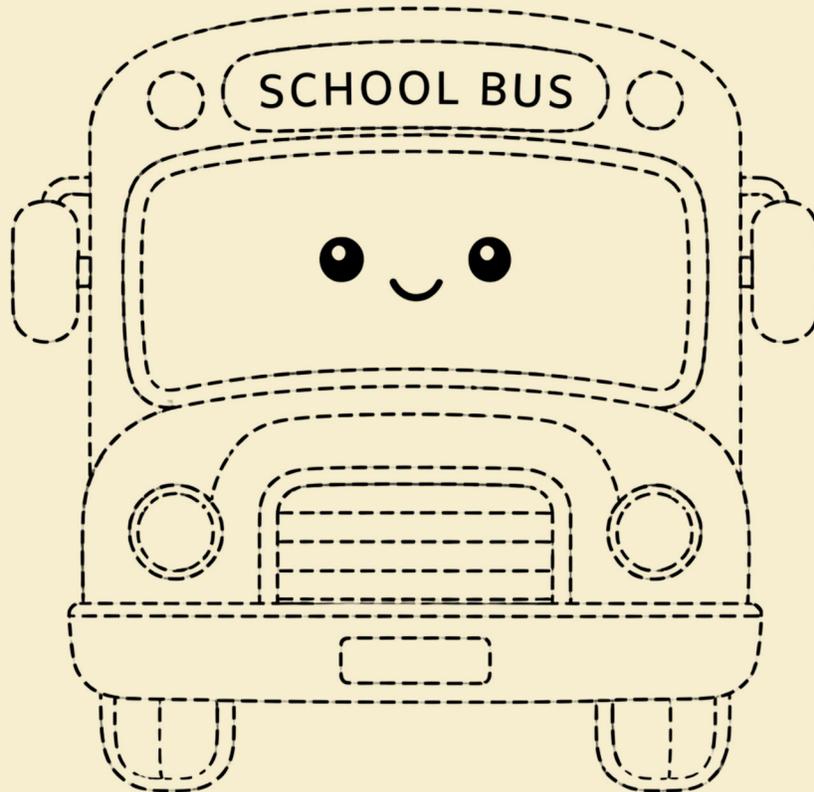




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**Reset Ready to Learn:
Trace and shade the wheels going round. Let's roll
into a fresh start for the rest of the day.**



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