

Cadence Park School Playground Handbook



Recess, Lunch and Playground Expectations

Revised August 2025

GENERAL EXPECTATIONS

L-Lead with integrity

E-Embrace change

A-Act responsibly

P-Positively impact others

- Students are to show LEAP Behavior on the playground!
- Respect school property and private property.
- Use playground equipment appropriately and safely.
- Leave all toys, games, balls and personal items at home.
- Hitting, kicking, wrestling, play fighting and unsafe play are not allowed.
- Students must have a pass to be in the building or any classroom during recess or lunch periods.
- Saving places in line is not permitted.
- When in doubt all players vote.
- No playing behind the portables or bushes.
- Do not climb on fences or trees.
- No eating or playing in the wings between buildings.
- Do not hit balls against buildings or classrooms.
- Do not knock on classroom doors when at recess/lunch.

SNACK & LUNCH TABLES

- All snacks must be eaten at the lunch tables only.
- No food on the blacktop or field.
- Students are asked to remain at a table while eating.
- Students are to throw away all trash before heading to the playground.
- At lunch, all students must remain at the lunch tables for at least 10 minutes. When the playground supervisors sound the siren, students may head to the playground.

LINE-UP PROCEDURES

- Once the bell rings, all students must head to their classrooms
- Students must line up outside of their teachers door.
- All playground equipment must be returned to the cart before students head to class

PLAYGROUND EXPECTATIONS

Play Structure

- No jumping off the top of any bars.
- No tag games on play structure.
- One person on bars at a time. Go one direction only.
- Go down slides facing forward on your bottom only.

Swings

- One person at a time allowed on a swing.
- The waiting person must count to 30 each swing – 1 forward and 1 back equals 1 count.
- No twisting, running under, or standing on swings.
- Swing on your bottom only facing the playground.
- Wait away from the front of the swings.

Four Square

- The ball must bounce before the person plays it.
- No overhead slams.
- There are no teams.
- If there is interference from outside, re-serve the game.
- Ball must be hit with your hands. You can use one or both hands.
- When in doubt, ALL players vote. If you are voted out you must exit the game.
- Liners are in.
- Play starts with a serve from the corner of "A" square.

Soccer Fields

- No slide tackling, or tripping other players
- No climbing or hanging on soccer nets or poles.
- No "hands" while playing soccer.
- Stop play if someone is injured – resume play with a throw in.
- When a disagreement occurs, pause the game to get a supervisor to help.

Tetherball

- Players choose which ½ of the court is their half.
- Players may only stay within their boundaries, or they are out.
- No touching rope or pushing up rope on the pole at any time.
- Do a clean hit only – no holding the ball after serve or rope throws.
- No volleyball taps or setting the ball up to yourself.
- No hanging or sitting on the tetherball, or climbing pole.
- When in doubt, ALL players vote. If voted out, you must leave game.
- No cuts or saving places in line.
- No “ropies”.

Basketball

- In order to play full court, you need a minimum of 10 players. Maximum of 16 players.
- If less than 10 players, you share half court.
- If a foul occurs while a shot is being made, two free shots for foul. For all other fouls, the opposite team takes the ball out of bounds. Charging is a foul.
- No traveling or double dribbles.
- Offense calls fouls. If the ball is in the air moving towards the basket when the bell rings, it counts.
- Game ends at bell.
- Deliberate pushing results in immediate loss of play.

Two Touch

- Players may select to play by “elimination or lines”.
- Each player is to receive two touches prior to ball hitting the wall.
- Play hard (no “easies”).
- Do not interfere with the ball if it is not your turn.
- If the ball accidentally touches a player it does not count as a touch.
- Side courts or “skims” are out.
- Player is out if the ball goes over the top of the court.

Handball

- Only two players on the court at all times.
- The ball must bounce within the white lines of the handball court.
- Liners are out.
- The server may have no more than two serves/attempts to put the ball in play inside the white lines.
- When serving, the ball must hit the ground and handball wall first before opponent may hit/return the ball.
- The winner serves. The ball may bounce twice on a serve.
- When in doubt, ALL players vote. If voted out you must leave.
- No one may interfere with the game or the person serving.
- No cuts, saving places or spot backs.
- Do not stand or sit against the board when others are playing.
- Do not run across the court while a game is in progress.
- Play hard (no "easies").
- If ball misses or goes over the wall you are out. There is no "life" or "chances".
- Unless on a serve ball must bounce once before hitting the wall. (No "aces").
- Players must use hands to hit the ball. (No kicking or "watermelons").
- Side courts are out.