

# PHYSICAL ACTIVITY RECOMMENDATIONS

## Physical Activity Recommendations

	Infants	Toddlers	Preschoolers	School-Age
<b>Physical Activity</b>	Physical activity and active exploration <b>daily</b>	At least <b>60–90 minutes</b> per eight-hour child care day	At least <b>90–120 minutes</b> per eight-hour child care day	At least <b>60 minutes</b> of daily physical activity
<b>Structured or Teacher-Led</b>	Daily caregiver-infant interactions that encourage physical activity and active exploration	At least <b>30 minutes</b> per eight-hour child care day	At least <b>60 minutes</b> per 8-hour child care day	
<b>Unstructured or Free Play</b>	Active exploration and physical activity <b>daily</b>	At least <b>30 minutes</b> per eight-hour child care day	At least <b>60 minutes</b> per eight-hour child care day	
<b>Outdoor Play</b>	<p><b>Play outdoors daily</b>, weather permitting</p> <ul style="list-style-type: none"> <li>• Make time for independent gross motor play outdoors</li> <li>• Balance the use of riding strollers with plenty of independent outdoor time</li> <li>• Dress infants appropriately for weather</li> </ul>	<p>At least <b>2–3 times (60–90 minutes) daily</b> of outdoor play, weather permitting</p> <p>Dress toddlers appropriately for weather, including appropriate footwear</p>	<p>At least <b>2–3 times (60–90 minutes) daily</b> of outdoor play, weather permitting</p> <p>Dress children appropriately for weather, including appropriate footwear</p>	School-age children should have daily outdoor time
<b>Sedentary Time</b>	Infants should not be in settings that restrict movement for prolonged periods of time	<p><b>No more than 60 minutes</b> of sedentary time per day</p> <p><b>No more than 15 minutes</b> at a time, unless sleeping</p>	<p><b>No more than 60 minutes</b> of sedentary time per day</p> <p><b>No more than 15 minutes at a time</b>, unless sleeping</p>	School-age children should have <b>no more than 120 minutes</b> of sedentary activity at a time

Physical Activity Recommendations, cont'd.

	Infants	Toddlers	Preschoolers	School-Age
Physical Activity Environment and Practices	<p>Place infants in safe settings that:</p> <ul style="list-style-type: none"> <li>• Facilitate physical activity.</li> <li>• Promote the development of movement skills.</li> <li>• Allow small and large muscle activities.</li> </ul>	<p>Make sure there is plenty of:</p> <ul style="list-style-type: none"> <li>• Indoor and outdoor space.</li> <li>• Equipment for active play.</li> <li>• Opportunities to develop gross and fine motor skills.</li> </ul> <p>Physical activity should never be withheld for misbehavior. Instead, let children calm themselves before returning to active play.</p>	<p>Make sure there is plenty of:</p> <ul style="list-style-type: none"> <li>• Indoor and outdoor space.</li> <li>• Equipment for active play.</li> <li>• Opportunities to develop gross and fine motor skills.</li> </ul> <p>Physical activity should never be withheld for misbehavior. Instead, let children calm themselves before returning to active play.</p>	<p>Physical activity should include aerobic as well as age-appropriate muscle- and bone-strengthening activities. (This can be done in small doses of 10–15 minutes throughout the day.)</p> <p>It is important to encourage participation in physical activities that are appropriate for their age, that are fun, and that offer variety.</p> <p>It is not recommended to play elimination games.</p>
Screen Time	<p>Zero hours of screen time for infants</p>	<p>Zero hours for 2-year-olds and younger</p> <p>Limit to educational or active movement programs</p>	<p>Less than 30 minutes per week for 2-year-olds</p> <p>Limit to educational or active movement programs</p>	<p>Limit screen time to <b>less than one hour a day.</b></p> <p>In after school settings, parent permission should be requested for children participating in any screen time. This includes: TV/ DVD, computer, and video games</p>

**Sources:** NAP SACC - Nutrition and Physical Activity Self-Assessment for Child Care. Ammerman A, Ward DS, Benjamin SE, Ball SC, Sommers J, Malloy M, Dodds J. An Intervention to Promote Healthy Weight: Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) Theory and Design. *Prev Chron Dis* (serial online) 2007 July. Available from: <http://hpdp.unc.edu/research/projects/nap-sacc/>. AAP – American Academy of Pediatrics. *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Edition. RWJ – expert panel funded by the Robert Wood Johnson Foundation). Model Physical Activity Standards for Child-Care Providers (For Infants Through Preschool-Age Children) Developed by the National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN). NASPE - National Association for Sport and Physical Education. ECERS - R – Early Childhood Environment Rating Scale. SHAPES – Study of Healthy Activity & Eating Practices and Environments in Head Start. NYC – New York City standards. COC - Caring for Our Children, 3rd Edition Comprehensive Set of Standards (will be published in 2011)