

## HANDOUT 4

# Physical Activity Recommendations for Young Children

### Active Start—Preschoolers



- **Accumulate** at least **60 min.** a day of **structured** physical activity (PA).
- Engage in at least **60+ min.** per day of **unstructured** PA.
- Avoid being sedentary for more than 60 min. at a time (except while resting/sleeping).
- Develop **competence** in movement skills for more complex movement tasks both **indoors** and **outdoors**.
- Individuals responsible for the well-being of preschoolers should be aware of **the importance of PA** and should facilitate preschoolers' movement skills.

### 2008 Children and Adolescents, ages 6-17, Recommendations—CDC



- **60 or more minutes of PA daily**
- **At least 3 days/week** should include:
  - Aerobic** - Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity
  - Muscle-strengthening**
  - Bone-strengthening**
- Encourage participation in PA that are: age appropriate, enjoyable and offer variety.



#### 1. Physical Activity:

**1-2 hours of PA** throughout the day  
Include outside play when possible.



#### 2. Food:

- Serve fruits and vegetables at every meal.
- Eat meals family-style whenever possible
- Don't serve friend food.



#### 3. Beverages:

- Provide access to water during meals and through the day.
- Don't serve sugar-sweetened drinks.
- For children age 2 and older: low-fat (1%) or non-fat milk and less than 4- to 6- ounce serving of 100% juice per day.



#### 4. Infant Feeding:

- Provide breast milk for infants from breastfeeding mothers.
- Welcome breastfeeding mothers to breastfeed during the child care day.
- Support all new parents' decisions about infant feeding.

#### 5. Screen Time:

- **No screen time** for children **under 2 years** (AAP recommendation)
- **Children age 2 and older**, limit screen time to not more than **30 minutes per week** during child care
- Work with parents/caregivers to have no more than **1-2 hours of quality screen time per day**

#### California Department of Education Physical Education Recommendation



**Education Code Section 51210** specifies the minimum amount of physical education minutes to be provided to students:

Elementary grades 1-6, minimum of **200 minutes each ten days**

[www.cde.ca.gov/be/ms/po/policy99-03-june1999.asp](http://www.cde.ca.gov/be/ms/po/policy99-03-june1999.asp)