

HANDOUT 2

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



3. Food:

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



4. 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



2. 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**

5. 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

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