



Nutrition and Physical Activity Self-Assessment for Child Care

ACTIVE PLAY AND INACTIVE TIME

Here's Why...

Children spend much of their day at child care facilities, so the amount of physical activity they receive while in care is especially important. Children need time to move their bodies! They need at least 120 minutes of active play time every day and are happiest when they aren't sitting more than 30 minutes at a time (except for nap time and eating). Movement is essential to all parts of child development, not just physical or motor development; be creative and incorporate physical activity into all sorts of lessons and activities!

Choices You Make for Your Facility

- ① A daily outdoor play schedule allows teachers to bring children outside at specific times both in the morning and afternoon. Kids are more active when they are outside!
- ① Storytelling, books and rhymes can all incorporate activity. Children can act out the movements and the rhymes.
- ① Kids love to dance! Turn on some music and get your classrooms going! Encourage movements such as marching, hopping, skipping, twisting their hips, etc.
- ① Limit TV use to special occasions only. It is not essential to learning and often takes the place of much needed active play time.
- ① Limit seated time and provide plenty of opportunities throughout the day for children to move.



Checklist

- ☐ We provide at least 120 minutes of active play time to all children, every day.
- ☐ We provide opportunities for outdoor active play two or more times a day.
- ☐ We provide teacher-led physical activity to all children two or more times per day.
- ☐ We ensure that children are not seated (excluding nap time) for periods of more than 30 minutes.
- ☐ We do not withhold active play for children who misbehave; we reward good behavior with extra active play.
- ☐ We rarely show television or videos.



Getting Support From the Parents

- ① Talk to parents about activities that the children did that day.
- ① Encourage parents to spend time enjoying active play with their kids at home.
- ① Encourage parents to have “TV-free” days at home.
- ① Inform parents of the facility’s TV viewing practices.
- ① Invite parents into the center to help plan “TV-free” days or to play with the children.

For more information, please visit:

<http://www.communityplaythings.com/c/Resources/Articles/OutdoorPlay/MakingTheMost.htm>

<http://www.aahperd.org/naspe/peappropriatepractice/AppropriatePractices3-5.pdf>

<http://movingandlearning.com/Resources/Activities.htm>

<http://betterkidcare.psu.edu/AngelUnits/OneHour/OutdoorPlay/OutdoorPlayLessonA.html>

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Getting the Kids on Board

- ① Children enjoy movement; it doesn’t take much to get them on board!
- ① Credible physical activity curricula (eg., Color Me Healthy and Be Active Kids) provide a number of fun activities involving movement for children.
- ① Playing with the children (throwing balls, tossing bean bags, etc.) shows them that you are interested in what they do.
- ① Turn on music and ask the children to make up their own dance moves.
- ① Reinforce good behavior with stickers or extra active play time.
- ① Ask the children to come up with a list of activities that involve body movement. When you are tempted to turn the TV on, turn to the list instead for some ideas.