



National Resource Center  
for Health and Safety in  
Child Care and Early Education

# Physical Activity Checklist in Early Care and Education

From *Preventing Obesity in Early Care and Education Programs*  
Selected Standards from *Caring for Our Children: National Health and Safety Performance Standards*

## Do you see the following practices carried out?



### Opportunities for Physical Activity

- Infants have supervised tummy time daily. Tummy time begins as a three-five minute period and is gradually increased.
- Infants have outdoor activity and/or carriage/stroller rides daily, weather permitting.
- Caregivers and teachers schedule two or three active playtimes for children daily, indoors and/or outdoors weather permitting, during an 8-hour day.
- Children are led in two or more active games and/or movement activities daily by a caregiver or teacher.
- Children are given ample physical activity time each 8-hour day (toddlers, 60-90 minutes; preschoolers, 90 -120 minutes).



### Encouragement of Physical Activity

- Caregivers and teachers wear clothing and shoes that allow for easy movement.
- Caregivers and teachers encourage families to dress children for active play.
- Children are urged to run where space is ample and safe outdoors.
- Caregivers and teachers include movement and physical action in children's indoor play and learning activities.
- Caregivers and teachers take part in training to learn activities and games that promote children's physical activity.
- Children are encouraged to drink clean and sanitary water throughout their activities.



### Limiting Screen (TV, DVD, Computer) Time

- Children under two years of age don't watch TV, DVDs or use computers while at the child care program.
- Children two years and older have no more than one-half hour total screen time (TV, DVD, computer) per week.
- Children do not watch TV or DVDs during meals or snack-times.
- Children's use of computers at early care and education is limited to periods of 15 minutes or less (except for school-age children for whom computer time may be extended for homework or school projects).



### Policies and Practices Promoting Physical Activity

- There is a written plan in place for promoting children's physical activity.
- Caregivers and teachers arrange the environment to encourage active and safe play for all children.



## Teaching opportunities for children 2 and over

Caregivers and teachers promote children's physical activity by regularly including age appropriate physical activity in the curriculum:  
Learning games, such as ball games, Duck-Duck Goose, Simon Says, Dancing, jumping, skipping to music, Acting, presenting skits with role playing (a bucking bronco!) and Tumbling!



### How families can help caregivers and teachers promote physical activity:

- Limit the time that children spend in front of the TV and at the computer and praise your child's caregiver and/or teacher for doing the same.
- Play outdoors with your child(ren) and build good habits by having fun together (making a snowman, raking leaves).
- Encourage young children to role-play by suggesting animals to imitate.
- Ask your child's primary care provider if s/he would be willing to speak at a family meeting at the early care and education program about the importance of physical activity.
- To help your child to be ready for active play, dress him or her in easy-moving, comfortable clothing. Check with your child to make sure his or her feet have room to play safely, too.

### Additional Resources

Bright Futures: <http://www.brightfutures.org/physicalactivity/pdf/index.html>

Little Voices for Healthy Choices: <http://ehsnrc.org/Activities/littlevoices.htm>

Healthy Children: Motor Activity and Self-Play:

<http://www.healthychildren.org/English/ages-stages/preschool/nutrition-fitness/pages/Motor-Activity-and-Self-Play.aspx>

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2010. *Preventing Childhood Obesity in Early Care and Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition.* [http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf)

This Web site provides features and resources for early childhood, <http://www.aahperd.org/headstartbodystart/>

American Academy of Pediatrics' Web site dedicated to the prevention of childhood overweight and obesity. <http://www.aap.org/obesity/index.html>

I am moving, I am learning: <http://eclkc.ohs.acf.hhs.gov/hslc/ecdh/Health/Nutrition/Nutrition%20Program%20Staff/IMIL/IamMovingIam.html>

**Family Checklist for Physical Activity in Early Care and Education** is based on *Preventing Childhood Obesity in Early Care and Education Programs - Selected Standards from "Caring for Our Children: National Health and Safety Performance Standards, 3<sup>rd</sup> Ed."* (Caring for Our Children, 3<sup>rd</sup> Ed. is to be published in 2011) American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education.

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