

# Physical Activity



## GUIDELINES FOR TODDLERS AND PRESCHOOLERS\*

### Guideline 1:

- Toddlers should have at least 30 minutes daily of \*structured physical activity
- Preschoolers should have at least 60 minutes daily of structured physical activity

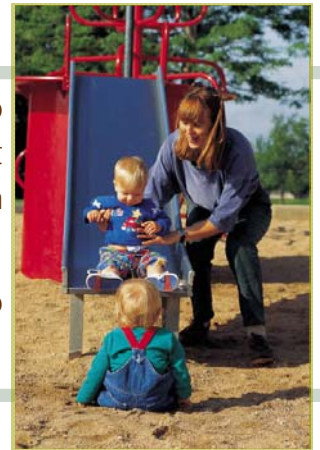
*Note: Can be done all at once or broken into segments - 10 minutes, three or six times a day*

**\*Structured Physical Activity** = activities that you direct or do with your child to keep them moving, such as walking, exercising, dancing, games, etc. These also include activities that you might take your child to (e.g. soccer).

### Guideline 2:

- Toddlers and preschoolers should have at least 60 minutes and up to several hours of daily, \*unstructured physical activity and should not be inactive for more than 60 minutes at a time, except when sleeping.

**\*Unstructured Physical Activity** = supervised free time for children to play actively on their own or with other children.



### Guideline 3:

- Toddlers and preschoolers should develop movement skills that are building blocks for more difficult movement tasks. **For example:** playing bouncing games with balls, etc. will help develop their hand-eye coordination.

### Guideline 4:

- Toddlers and preschoolers should have indoor and outdoor areas that meet or exceed recommended safety standards for performing large muscle activities.

### Guideline 5:

- Individuals responsible for the well-being of toddlers and preschoolers should be aware of the importance of physical activity and help the child's movement skills.

The Canadian Paediatric Society recommends at least 30 min/day with 10 min. of vigorous activity.

**\* Toddlers are children between the ages of 18 - 36 months; preschoolers are 3 - 5 year olds**