



Standard - 1 | Physical Activity, Screen and Sedentary Time

**Provide age - and developmentally - appropriate time for physical activity.
Limit screen and sedentary time.**

Best practices to implement this standard include:

Provide age - and developmentally - appropriate time for physical activity
(all based on 8-hour days):

- Tummy time for infants (6 weeks to 12 months) with supervision and when safe and appropriate - 4 times per day or more.
- Daily physical activity for toddlers (1 and 2-year-olds) - 90 min or more.
- Daily physical activity for preschoolers (3 to 5-year-olds) - 120 min or more.
- Daily physical activity for school-age children (5 to 12-year-olds) - 60 min or more.

Provide a combination of daily indoor and outdoor physical activity for all children, including infants, if they are enrolled.

Provide physical activity that includes both adult-led activities and free play. This applies to all children 2 years and older.

Make half of physical activity time free play.

Provide both moderate (i.e. walking) and vigorous (i.e. running) physical activity. This applies to all children 2 years and older.

Limit time children are expected to remain seated to no more than 15 minutes at a time, with certain exceptions for school age children (see website), not including nap time, if applicable, and meal time.

Limit screen time to 30 minutes or less per week with certain exceptions ([see website](#)). Prohibit screen time for children under two years old, if enrolled.

Do not use physical activity or screen time as reward or punishment for all children, including infants, if enrolled.