

Physical Activity and Physical Literacy: Early Years Ages 0-4



Every move counts!

Babies and toddlers are naturally inclined to explore and move their bodies:

- The parent/caregiver is responsible for providing safe and varied opportunities for movement
- The child is responsible for moving and will be active



PHOTO BY MI PHAM ON UNSPLASH

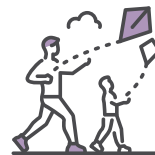
Tips for parent/caregivers:



Be a role model to encourage physical activity; children are watching and will mimic the adults in their lives.



Both structured (e.g., soccer, swimming lessons) and unstructured free play are important to incorporate.



Create active games or activities with your children, (e.g., build and fly a kite, play hopscotch or active Simon Says, etc.).



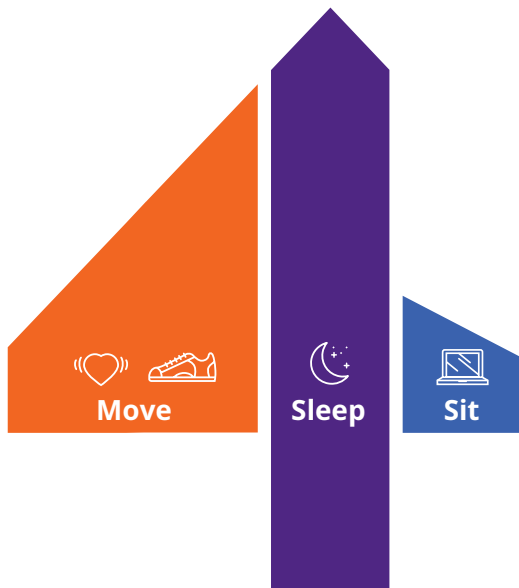
Help children explore movement by incorporating their activity into your at-home activities (e.g., playing in the snow while shoveling, spending time in the garden/yard, doing household chores together).

Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and participate in physical activities for life.

Physical literacy is developed through physical activity, and physical activity leads to **better health outcomes**.










View 24-Hour Movement guidelines in full:
csepguidelines.ca/guidelines/early-years





Check out **Appetite to Play** for activity ideas

The Canadian 24-Hour Movement Guidelines for early years:

<h3>Infants</h3> <p>(Less than 1 year)</p>	<h3>Toddlers</h3> <p>(1-2 years)</p>	<h3>Preschoolers</h3> <p>(3-4 years)</p>
 Move At least 30 minutes of tummy time spread throughout the day (more is better). Examples: Floor-based play such as pushing, reaching, pulling, crawling.	 Move At least 180 minutes of physical activity at any intensity spread throughout the day (more is better). Examples: Dance, furniture cruise/walk, swing.	 Move At least 180 minutes of physical activity spread throughout the day, including at least 60 minutes of energetic play (more is better). Examples: Run, throw, catch, kick.
 Sleep 0 to 3 months: 14-17 hours , including naps. 4 to 11 months: 12-16 hours of good-quality sleep, including naps.	 Sleep 11-14 hours of good quality sleep, including naps. Consistent bed and wake-up times.	 Sleep 10-13 hours of good quality sleep, which may include a nap. Consistent bed and wake-up times.
 Sit Not restrained (e.g., in a car seat/high chair) for more than 1 hour at a time. No screen time recommended. Try reading, singing, and storytelling instead.	 Sit Not restrained (e.g. in a car seat/high chair) for more than 1 hour at a time. Under 2 years: no screen time recommended. 2 years: 1 hour maximum screen time (less is better).	 Sit Not restrained (e.g. in a car seat/high chair) for more than 1 hour at a time. 1 hour maximum screen time (less is better).