

STRATEGY 4: Provide Opportunities to Get Physical Activity Every Day

how to implement

Physical activity has immediate and long-term benefits for everyone, both young and old. Yet, children don't always get enough physical activity each day. Here are some ideas for adding physical activity to your day!

Bolded items mean there is a supporting handout in this section!

Provide Physical Activity Every Day:

- Provide infants supervised tummy time at least 2-3 times each day.
- Aside from eating and napping, limit sedentary activities to no more than 15 minutes at a time.
- Take children outside to play every day.
- Have staff participate in movement activities and free play with the children.
- Use movement in learning; see **Movement in Learning Resources**.
- Use **Quick Physical Activity Breaks**.
- Use the **5-2-1-0 Grab and Go Activity Ring** that comes with your toolkit.
- Do not take away physical activity as a punishment.
- **Use Physical Activity as a Reward**.
- **Create a Dedicated Activity Space** at your program.
- Borrow and use a **StoryWalk™**.

Learn how to include physical activity in every day and share this knowledge with families using these handouts:

- **Get One Hour or More of Physical Activity Every Day**
- **Make Physical Play Part of Every Day!**
- **Take It Outside**

Set a program policy that requires opportunities for physical activity to be provided every day.

- Refer to the **Let's Go! Recognition Program** packet in the 'Step 5: Celebrate' Tab for help with this.

PHYSICAL ACTIVITY is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

