



## Active Start

(Ages 0-6)

### Active Start To-Do List

- Provide organized physical activity for at least 30 minutes a day for toddlers and at least 60 minutes a day for preschoolers.
- Provide unstructured physical activity - active play - for at least 60 minutes a day and up to several hours per day for toddlers and preschoolers. Toddlers and preschoolers should not be sedentary for more than 60 minutes at a time except when sleeping.
- Provide physical activity every day regardless of the weather.
- Starting in infancy, provide infants, toddlers and preschoolers with opportunities to participate in daily physical activity that promotes fitness and movement skills. Provide parents and care givers with age-appropriate information.
- Ensure that children acquire movement skills that build towards more complex movements. These skills help lay the foundation for lifelong physical activity.
- Encourage basic movement skills - they do not just happen as a child grows older, but develop depending on each child's heredity, activity experiences and environment. For children with a disability, access to age and disability appropriate adapted equipment is an important contributor to success.
- Focus on improving basic movement skills such as running, jumping, twisting, wheeling, kicking, throwing and catching. These motor skills are the building blocks for more complex movements.
- Design activities that help children to feel competent and comfortable participating in a variety of fun and challenging sports and activities.
- Ensure that games for young children are non-competitive and focus on participation.
- Because females tend to be less active than males and children with disabilities less active than their peers, ensure that activities are gender-neutral and inclusive so that active living is equally valued and promoted for all children.

