

CANADIAN PHYSICAL ACTIVITY GUIDELINES		
2½ - 5-year-old children	At least 180 minutes per day of physical activity but at least 60 minutes of this time should be spent in energetic play or moderate vigorous physical activity	More is better

SUMMARY OF THE BC DIRECTOR OF LICENSING ACTIVE PLAY STANDARDS	
1	Give at least 120 minutes per day of active play and physical movement which: <ul style="list-style-type: none"> include at least 60 minutes of outdoor active play a day (indoor is OK in very bad weather). Active play can be broken down into 15-minute sessions during the day; and add Fundamental Movement Skills into all active play activities, including indoor and outdoor activities.
2	Limit or reduce long periods of sitting (e.g., stroller, high chair, board games, and craft activities).
3	Limit or reduce screen time (TV, computer, and electronic games) to 30 minutes or less and no screens for children 2 years and younger.
4	Have educators show or do active play activities and limit screen time themselves.
5	Create an active play and screen time policy and make sure to tell educators and parents about it.

ACTIVE PLAY STANDARDS BEST PRACTICES	
Outdoor active play (structured and unstructured facilitation) – 60 min/day:	
<ul style="list-style-type: none"> Include outdoor time in the morning and afternoon.* Schedule 90 minutes of outdoor time to get 60 minutes of active play. 	
Fundamental Movement Skills (FMS) as part of indoor and outdoor daily routines:	
<ul style="list-style-type: none"> Offer at least 1 coordination and 1 locomotor activity each day. Provide new activities every week and list the skills targeted. 	
Active play/physical movement (structured and unstructured facilitation) – 120 min/day:	
<ul style="list-style-type: none"> For every 30-minute block of active play add in a facilitated activity to re-engage in active play. Plan 1 or 2 excursions per week (playground, park, etc.) and include active transportation. Create installations that invite active play every week. 	
Reduce sitting for long periods of time (stroller, highchair, board games, crafts, etc.):	
<ul style="list-style-type: none"> Schedule 1 or 2 minutes of activity after 1 hour of sitting. 	
Reduce screen time (e.g., TV, computer, electronic games):	
<ul style="list-style-type: none"> No screen time (children 2 yrs and younger). Less than 30 minutes per day of screen time (children 2+ years of age). 	
Written policies and practices for the Active Play Standards:	
<ul style="list-style-type: none"> Create a Policy and Practice binder that includes an evaluation and monitoring plan. 	
Providers model active play activities:	
<ul style="list-style-type: none"> Providers do active play activities with the children throughout the day. Providers avoid using screens when working. 	