

# 2015

# THE PARTICIPACTION REPORT CARD ON PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH



The ParticipACTION Report Card on Physical Activity for Children and Youth is the most comprehensive assessment of child and youth physical activity in Canada. The ParticipACTION Report Card gives a **D- for Overall Physical Activity Levels**, as only

nine per cent of 5-17 year-olds get 60 minutes of heart-pumping activity each day.

# 9%

The 2015 ParticipACTION Report Card reveals kids move more and sit less when they play outside and have some freedom to roam unsupervised and take risks.



*Kids are more physically active when they play outside:*

# 35%



Students take **35 per cent more steps** in physical education class when it is held outdoors.<sup>1</sup>

# 20 mins



Canadian kids aged nine to 17 who play outside after school get **20 more minutes of heart-pumping activity per day**, and are **three times more likely** to meet the Canadian Physical Activity Guidelines.<sup>2</sup>

*Kids move more when they have some freedom to roam unsupervised and take risks:*

# 20%



Grade 5 and 6 students who are often or always allowed to go out and **explore unsupervised** get **20 per cent more heart-pumping activity** than those who are always supervised.<sup>3</sup>

## It's time to learn the truth about risky outdoor play

Risky outdoor play is not about courting danger - it's about **play that is thrilling and exciting**, such as **climbing high**, **exploring the woods** and **rough-housing**, where kids independently test their abilities and limits.<sup>4,5</sup>



The Report Card is available at [www.participactionreportcard.com](http://www.participactionreportcard.com).

1 Smith J, Nichols D, Biggerstaff K and DiMarco N. Assessment of physical activity levels of 3rd and 4th grade children using pedometers during physical education class. J Res. 2009;4:73-79.

2 Schaefer L, Plotnikoff RC, Majumdar SR, Mollard R, Woo M, Sadman R, Rinaldi RL, Boule N, Torrance B, Ball GD, Veugeler P, Wozny P, McCargar L, Downs S, Lewanczuk R, Gleddie D, McGavock J. Outdoor

time is associated with physical activity, sedentary time, and cardiorespiratory fitness in youth. J Pediatr. 2014;165: 516-521.

3 Mitra R, Faulkner GEJ, Buliung RN, Stone MR. Do parental perceptions of the neighbourhood environment influence children's independent mobility? Evidence from Toronto, Canada. Urban Stud. 2014;51(16)3401-3419.

4 Ball et al. Managing risk in play provision: Implementation guide. Play England: London, 2012. p. 120.

5 Sandseter et al. Children's risky play from an evolutionary perspective: The anti-phobic effects of thrilling experiences. Evol Psychol. 2011;9:257-284.

