Family Influence: Grading the Movement Behaviours of Children and Youth

Less than 1 in 5 children and youth in Canada meet national recommendations for physical activity, sedentary and sleep behaviours,1 which are essential for healthy growth and development.

The 2020 ParticipACTION Report Card on Physical Activity for Children and Youth1 highlights how families are critical influencers in children’s movement behaviours, and could be the key to helping kids access all of the associated physical and mental benefits that being active can provide.

**Grade: D+ Overall Physical Activity**

The Canadian 24-Hour Movement Guidelines2 recommend:
- 60 minutes of moderate-to-vigorous physical activity per day

39% of 5-to 17-year-olds meet the physical activity recommendation1

**Grade: B Sleep**

The Canadian 24-Hour Movement Guidelines2 recommend:
- 5- to 13-year-olds require 9 to 11 hours of uninterrupted sleep per night
- 14- to 17-year-olds require 8 to 10 hours of uninterrupted sleep hours per night

70% of 5-to 17-year-olds meet the sleep recommendation1

**Grade: D+ Sedentary behaviours**

The Canadian 24-Hour Movement Guidelines2 recommend:
- No more than 2 hours of recreational screen time per day
- Limit periods of extended sitting each day

5- to 11-year-olds1
- 80% of girls meet the screen time recommendation
- 71% of boys meet the screen time recommendation

12- to 17-year-olds1
- 30% of girls meet the screen time recommendation
- 25% of boys meet the screen time recommendation

The full 2020 Report Card including key recommendations and resources are available online at participACTION.com/childrenandyouth.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

REFERENCES