

How can schools and educators support kids' physical activity?

When in-person physical education classes and sport competitions came to a halt during the height of the pandemic, many schools and educators adapted and found creative ways to get children and youth active. How can they maintain this momentum going forward?

The **2022 ParticipACTION Report Card on Physical Activity for Children and Youth** contains a number of recommendations for schools and educators to help improve four key grades.



Overall Physical Activity



Incorporate different types of movement throughout the school day and into homework whenever possible.



Where appropriate, consider including movement-based learning activities (including standing) and outdoor lessons into the school day to further support students' health and well-being.

Sedentary Behaviours



Break up periods of extended sedentary behaviour with both scheduled and unscheduled movement breaks:

- At least once every 30 minutes for students ages 5–11 years
- At least once every hour for students ages 12–18 years



Limit sedentary homework to no more than 10 minutes per day, per grade level.



When school-related screen time is required:

- Limit time spent on devices, especially for students 5–11 years of age.
- Take a device break at least once every 30 minutes.
- Discourage media-multitasking in the classroom and while doing homework.
- Encourage students to avoid screen-based homework within an hour of bedtime.

Active Transportation



Develop a school travel plan that encourages children to use active modes of transportation in order to reduce traffic, motor vehicle accidents and air pollution exposure.



Consider promoting “walking school buses” (groups of children walking to school with one or more adults) to help families adopt active transportation while sharing the responsibility among parents/guardians.

Active Play



Use the international consensus definitions on outdoor play, learning and teaching recently released by the **Play, Learn and Teach Outdoors Network (PLaTO-Net)** to define outdoor play.



Nurture frequent active play opportunities. Since children learn through play, this will not only support their development but will also keep them healthy.



Read the [ParticipACTION Report Card on Physical Activity for Children and Youth](#) to learn more.