



## Incorporating Physical Activity

When we talk about screen time, we also talk about physical activity, as screen time can relate to sedentary behaviors. However, a child can get enough physical activity in one day and still have too much screen time. The Society of Health and Physical Educators (SHAPE) America has developed guidelines for infants, toddlers, and preschoolers.

For each age group, SHAPE stress that parents and caregivers should understand the importance of physical activity and promote movement skills by providing opportunities for structured and unstructured physical activity. Remember to focus on fun and movement with children this age.



## Physical Guidelines for Preschoolers

### Guideline 1:

Preschoolers should accumulate at least 60 minutes of structured physical activity each day.

### Guideline 2:

Preschoolers should engage in at least 60 minutes — and up to several hours — of unstructured physical activity each day, and should not be sedentary for more than 60 minutes at a time, except when sleeping.

### Guideline 3:


Preschoolers should be encouraged to develop competence in fundamental motor skills that will serve as the building blocks for future motor skillfulness and physical activity.

### Guideline 4:

Preschoolers should have access to indoor and outdoor areas that meet or exceed recommended safety standards for performing large-muscle activities.

### Guideline 5:

Caregivers and parents in charge of preschoolers' health and well-being are responsible for understanding the importance of physical activity and promoting movement skills by providing opportunities for structured and unstructured physical activity.



**HEALTHY HOMES**  
MOVE, PLAY AND LEARN AT HOME

For resources and activities to increase your child's physical activity check out:  
<https://www.shapeamerica.org/publications/resources/downloads-earlyChildhood.aspx>

For the full list of guidelines visit:  
<https://www.shapeamerica.org/standards/guidelines/appracticdoc.aspx>

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!