

ACTIVE START CHECKLIST

- ☐ Provide organized physical activity for at least 30 minutes a day for toddlers and at least 60 minutes a day for preschoolers.
- ☐ Provide unstructured physical activity — active play — for at least 60 minutes a day, and up to several hours per day for toddlers and preschoolers. Toddlers and preschoolers should not be sedentary for more than 60 minutes at a time, except while sleeping.
- ☐ Provide infants, toddlers and preschoolers with opportunities to participate in daily physical activity that promotes fitness and movement skills.
- ☐ Provide parents with age-appropriate information related to golf.
- ☐ Introduce healthy nutrition habits (food should not be used as a reward).
- ☐ Ensure that children acquire movement skills that build towards more complex movements. These skills help lay the foundation for lifelong physical activity.
- ☐ Encourage basic movement skills — they do not just happen as a child grows older, but develop depending on each child's heredity, activity experiences and environment. For children with a disability, access to age and disability-appropriate adapted equipment is an important contributor to success.
- ☐ Focus on improving basic movement skills such as running, jumping, twisting, kicking, throwing and catching. These basic human movements are the building blocks for more complex activities.
- ☐ Design activities that help children feel competent, successful and comfortable participating in a variety of fun and challenging games and activities.
- ☐ Ensure that games for young children are non- competitive and focus on participation.
- ☐ Because girls tend to be less active and more social than boys and children with a disability less active than their peers, ensure that activities are gender-neutral and physically inclusive so that active living is equally valued and promoted for all children.