

## NAP SACC Physical Activity Best Practice Recommendations for Child Care Facilities

Key Area	Best Practices
Time	<ol style="list-style-type: none"> <li>1. Provide preschool children with at least 120 minutes of indoor and outdoor physical activity each day (<b>Physical activity is any movement of the body that increases heart rate and breathing above what it would be if a child was sitting or resting. Examples include walking, running, crawling, climbing, jumping, and dancing.</b>).</li> <li>2. Provide toddlers with at least 90 minutes of indoor and outdoor physical activity each day.</li> <li>3. Offer 3-5 minutes of tummy time to infants at least 2x a day or more (<b>3-5 minutes of tummy time is supervised time when an infant is awake and alert, lying on her/his belly. Tummy time may not last 3-5 minutes for infants who are not used to it or do not enjoy it. It may last longer than 5 minutes for infants who do. Tummy time should last as long as possible to help infants learn to enjoy it and build their strength.</b>).</li> <li>4. Provide 60 minutes or more each day of adult-led physical activity to preschool children (<b>Adult-led activities and lessons can be led by teachers or outside presenters. Examples include dancing, music and movement, motor development lessons, physically active games, and tumbling or gymnastics.</b>).</li> <li>5. Ensure that preschool children and toddlers are not seated for periods of more than 15 minutes (<b>Excludes nap and meal times.</b>).</li> <li>6. Ensure that the time infants spend in seats, swings, or Exercausers is limited.</li> <li>7. Provide outdoor playtime to preschool children and toddlers 3x a day or more (<b>Outdoor playtime includes any time that children are outdoors playing and learning. Children may be very physically active or do less energetic activities during this time.</b>).</li> <li>8. Provide 90 minutes or more of outdoor playtime to preschool children.</li> <li>9. Provide 60 minutes or more of outdoor playtime to toddlers.</li> <li>10. Infants are taken outdoors 2x a day or more (<b>Infants may be taken outdoors for different activities, including a walk in a stroller or tummy time on a blanket or mat.</b>).</li> <li>11. The amount of screen time recommended each week for children 2 years of age and older is less than 30 minutes (<b>For children 2 years of age and older, screen time does not include teachers using e-books or tablet computers to read children stories, using Smart Boards for interactive instruction, or connecting with families through Skype or other videoconferencing programs.</b>).</li> <li>12. No screen time is recommended for children under 2 years of age (<b>For children under 2 years of age, screen time includes any time spent watching shows or videos, or playing games (including active video games) on a screen. Screens can include televisions, desktop, laptop or tablet computers, or smart phones.</b>).</li> </ol>
Indoor Play Environment	<ol style="list-style-type: none"> <li>1. Provide a large variety of portable play equipment indoors for preschool children and toddlers (<b>Portable play equipment includes any toys that children can carry, throw, push, pull, etc. This does not include equipment fixed into the ground like swing sets and jungle gyms.</b>).</li> <li>2. Teachers offer portable play equipment to preschool children and toddlers during indoor free play time; at least a few</li> </ol>

	<p>items are always available to encourage physical activity (<b>Indoor free play time includes free choice activities during center time. It can also include activities in a gym, multi-purpose room, or other space that allows children to move freely.</b>).</p> <ol style="list-style-type: none"> <li>3. Developmentally appropriate portable play equipment is always offered to infants during tummy time and other indoor activities.</li> <li>4. Provide visible support for promotion of physical activity through the use of posters, books, and other learning materials.</li> </ol>
Teacher Practices	<ol style="list-style-type: none"> <li>1. Preschool children or toddlers shouldn't be removed from physically active playtime for longer than 5 minutes as punishment for misbehavior.</li> <li>2. During preschool children's physically active play time, teachers supervise, verbally encourage, and often join in to increase children's physical activity.</li> <li>3. Teachers always interact with infants during tummy time and other activities to help them build motor skills (<b>Motor skills are physical abilities and muscle control that children develop as they grow. Motor skills for infants include lifting and turning the head, rolling over, sitting up, reaching for and grasping toys.</b>).</li> <li>4. Physical activity is incorporated into classroom routines and transitions each time teachers see an opportunity (<b>Physical activity during classroom routines and transitions can include movement during circle time or story time, physical activity during center time, Simon Says, or other movement games while children wait in line.</b>).</li> </ol>
Education & Professional Development	<ol style="list-style-type: none"> <li>1. Teachers lead planned lessons 1x per week or more to build preschool children's and toddlers motor skills (<b>Motor skills are physical abilities and muscle control that children develop as they grow. Motor skills for preschool children and toddlers include walking, running, skipping, jumping, throwing, catching, and kicking.</b>).</li> <li>2. Teachers talk with children informally about the importance of physical activity each time they see an opportunity.</li> <li>3. Provide professional development opportunities for staff on children's physical activity 2x per year or more (<b>Professional development on children's physical activity does not include playground safety training. Professional development can include print materials, information presented at staff meetings, and in-person or online training for contact hours or continuing education credits.</b>).</li> <li>4. Offer education to families on children's physical activity 2x per year or more (<b>Education can include brochures, tip sheets, links to trusted websites, and in-person educational sessions.</b>).</li> </ol>
Policy	<ol style="list-style-type: none"> <li>1. Create a written policy on infant and child physical activity that is available and followed. It may include items from the previous 4 physical activity key areas (<b>A written policy can include any written guidelines about your program's operations or expectations for teachers, staff, children, or families. Policies can be included in parent handbooks, staff manuals, and other documents.</b>).</li> </ol>