

# MOve Smart Criteria Quick Reference

Requirement	Best Practice	Criteria
<b>CORE LEVEL Recognition Requirements</b> (Criteria 1-6 are required for Core Level Recognition)	1 Physical Activity Policy	A written policy exists that addresses the facility's physical activity practices. This policy is communicated to staff and parents.
	2 Amount of <b>Unstructured Physical Activity</b>	Provide at least 60 minutes of unstructured physical activity each day for toddlers and preschoolers.
	3 Amount of <b>Structured Physical Activity</b>	Provide at least 30 minutes of teacher led structured physical activity each day for toddlers and preschoolers.
	4 Staff Role Modeling	Staff promote and participate in children's active play.
	5 Staff Education and Training	Each staff person completes a one hour training about the MOve Smart Child Care program.
	6 No Physical Activity Withheld	Physical activity is never withheld as punishment.
<b>ADVANCED LEVEL Recognition Requirements</b> (All 12 criteria are required for Advanced Level Recognition)	7 Indoor Play Space	The facility has indoor space that allows for <b>moderate to vigorous physical activity</b> .
	8 Outdoor Play Space	The facility has an outdoor play area that encourages active play.
	9 Learning Integration	Routinely incorporate <b>structured physical activity</b> in learning activities at least two times each day.
	10 Screen Time	Limit screen time to 30 minutes per week. The 30 minutes of screen time should be used for educational or physical activity purposes only. No screen time for children under 2 years of age.
	11 <b>Sedentary Time</b> Limited	Children are not kept <b>sedentary</b> for more than 30 minutes at a time except during naps and meals.
12 Visual Promotion of Physical Activity	Pictures, posters, books and other visual materials promote physical activity.	