



Guidelines

For Children 2 to 5 Years of Age

Requirement		Physical Activity Standard	Guideline
Core Requirements Must Meet Standards 1-3	1.	Amount of Physical Activity	At least 90 minutes of physical activity each day. Per licensing rules at least 60 of these minutes should be obtained outdoors unless prohibited by weather or special needs. The physical activity should consist of: <ul style="list-style-type: none"> • Structured Activity - At least 30 minutes of teacher led activity each day. • Unstructured Activity - At least 60 minutes of unstructured activity each day.
	2.	No Physical Activity Withheld	Physical activity is never withheld as punishment.
	3.	Equipment Available	Play equipment includes items from at least 5 of the 6 categories on the MOVE Smart Equipment Checklist. There should be enough equipment for all children to participate in active play at the same time.
Recognition Begins at the Intermediate Level Intermediate Requirements Must Meet Core Requirements Plus <u>4</u> Standards From the Intermediate Level	4.	Additional Physical Activity	At least 30 minutes of additional physical activity each day (in addition to the core requirements, for a total of 120 minutes per day).
	5.	Indoor Physical Activity	The facility has a plan to create indoor space for physical activity.
	6.	Learning Integrated	Routinely incorporate physical activity in a learning activity at least one time each day.
	7.	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.
	8.	Written Policy for Facility	Facility has written policy that addresses the facility's physical activity practices and the policy is communicated to staff and parents.
	9.	Staff Education and Training	Each staff person receives at least 1 hour of training annually that promotes developmentally appropriate physical activities.
	10.	Sedentary Time Limited	Children should not be kept sedentary for more than 30 minutes at a time, excluding nap time and meal time.
	11.	Visual Promotion of Physical Activity	Pictures, posters, books and other visual materials promote physical activity.
12.	Staff Participation and Role Modeling	Staff participate in structured and unstructured activity and remain engaged with the children. Teacher enthusiasm and effort promote physical activity.	
Advanced Requirements – Must Meet All 12 Standards			