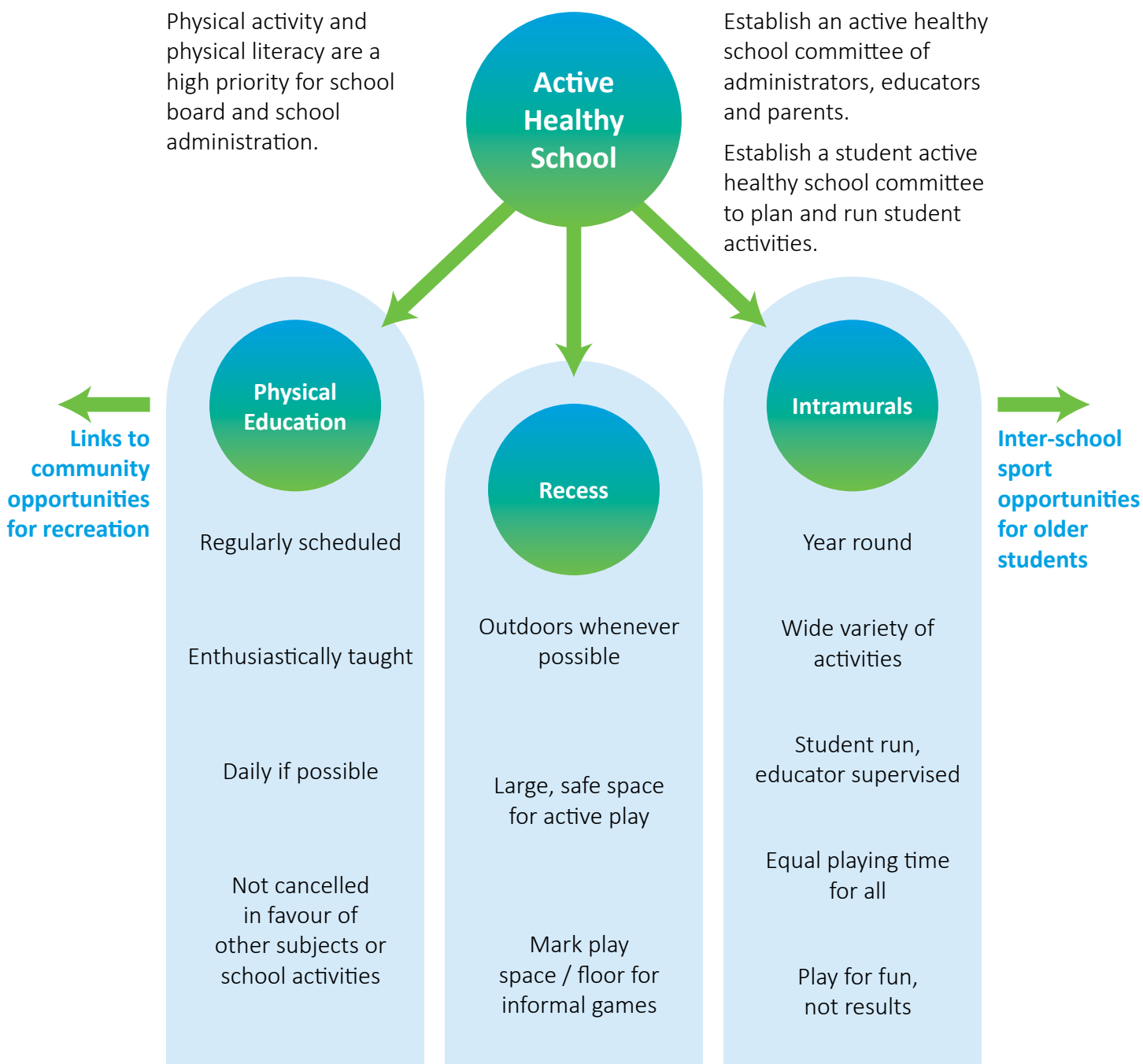


## Embedding Physical Activity and Physical Literacy in Your School

For optimum health and well-being of students, physical activity and physical literacy need to be defining characteristics of a school, with a consistent approach across the Physical Health and Education Curriculum.



# Outside of Physical Education

While physical education is the core of physical literacy development in schools, opportunities outside of curricular offerings allow students to:

- practice the skills they have learned in physical education,
- apply those skills in informal games,
- accumulate minutes of moderate to vigorous activity towards the Canadian 24 Hour Movement Guidelines\*, and
- develop habits of daily physical activity.

## Canadian 24 Hour Movement Guidelines for Children between 5 and 17 Years of Age

Children should engage in moderate- to vigorous-intensity physical activity for at least 60 minutes every day. Included in this should be vigorous-intensity activities at least three days per week, and muscle- and bone-strengthening activities at least three days per week. The more daily physical activity that children experience, the greater their health benefits will be.

We want children to sweat a little and breathe harder, so moderate-intensity physical activities such as bike riding and playground activities are good.

Sweating more and being out of breath is good too, so vigorous-intensity physical activities such as running and swimming are also important.

When children are active for at least 60 minutes per day, they will enjoy many benefits.

- They will improve their health, academic performance, fitness, and self-confidence.
- They will grow stronger while maintaining a healthy body weight.
- They will learn new skills as they have fun playing with friends, which will help them to feel happier in general.

For more information on the Canadian 24 Hour Movement Guidelines, visit

[csepguidelines.ca/children-and-youth-5-17](https://csepguidelines.ca/children-and-youth-5-17).

