



Grow Healthy Best Practices

Physical Activity Standards

Level
A

Level
B

Level
C

Do not permit media (TV, video, and DVD) viewing and computer use for children 2 years and younger.	✓	✓	✓
Children are encouraged to be physically active indoors and outdoors at appropriate times.	✓	✓	✓
Create and consistently implement a written physical activity policy.	✓	✓	
Attend training on promotion of children's movement and physical activity at least one time per year.	✓	✓	
Do not withhold physical activity as punishment and do not use physical activity as punishment.	✓	✓	
Inform parents that they should dress their child in clothes and shoes that allow for participation in physical activity.	✓	✓	
Teacher planned physical activities lasting 5-10 minutes occur at least 2 times a day.	✓	✓	
Encourage a least restrictive, safe environment for infants and toddlers at all times.	✓	✓	
Designate outdoor areas for the safe play of infants and toddlers, including mats or blankets for non-walkers.	✓	✓	
Provide daily active outdoor play for all children ages 1 through 12, weather permitting. (If outdoor play time is decreased due to weather, increase indoor active play so the total amount of active play time remains the same.)	across 2 or 3 separate occasions totaling 90-120 minutes for 1 through 12 year olds	across 2 or 3 separate occasions totaling 60-90 minutes for 1 through 2 year olds and 90-120 minutes for 3 through 12 year olds	
Provide a variety of play materials that promote physical activity indoors (e.g., scarves, bean bags, balls, ribbons, CDs).	provide for children to use at the same time	provide for most children to use	
Provide a variety of outdoor portable play materials (e.g. balls, obstacle cones) and/or equipment (hoops, wheeled toys).	provide for children to use at the same time	provide for most children to use	
In addition to defined play areas and materials, provide open outdoor play space that allows for active play.	✓		