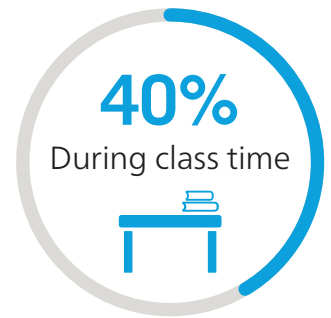
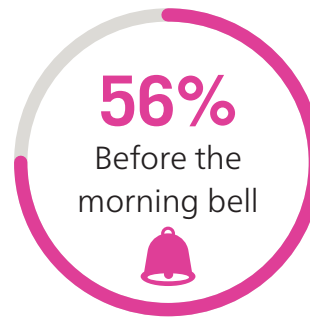
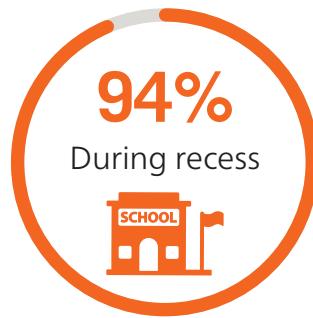


CHILDREN'S ACTIVE PLAY IN YORK REGION

ONLY 40% OF STUDENTS

had opportunities to engage in active play during class time

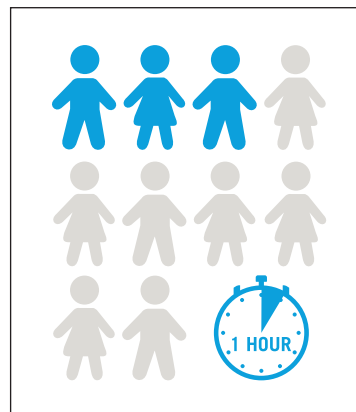


53% OF CHILDREN

engaged in active play after school



Only about a quarter of children (26%) engaged in active play every day



30% OF CHILDREN

are getting less than an hour of active play at a time

49%



Almost half (49%) of children's active play happened indoors

WHAT ARE THE BARRIERS TO CHILDREN'S ACTIVE PLAY?

AT SCHOOL

Inclement weather and environmental risks



Teachers concern for injury



Teachers not incorporating active play into class time



Students are spending their time on media devices



AT HOME

Inclement weather and environmental risks



Children being too busy with scheduled activities and having no free time



Children spending too much time on media devices



Child has no one to play with



WHAT ARE THE RECOMMENDATIONS TO INCREASE CHILDREN'S ACTIVE PLAY?

1 Investigate and identify interventions to overcome the barrier of inclement weather at school and at home

2 Support teachers to incorporate more active play during class time

3 Raise parents/caregivers and school staff awareness of the benefits versus the risks of outdoor play

4 Encourage parents/caregivers to limit scheduled activities and provide more free time for children to play

5 Implement interventions to reduce children's use of media devices

