

Family Influence: Grading the Movement Behaviours of Children and Youth



Less than 1 in 5 children and youth in Canada meet national recommendations for physical activity, sedentary and sleep behaviours,¹ which are essential for healthy growth and development.

The **2020 ParticipACTION Report Card on Physical Activity for Children and Youth¹** highlights how families are critical influencers in children's movement behaviours, and could be the key to helping kids access all of the associated physical and mental benefits that being active can provide.

Grade:
D+

Overall Physical Activity



The Canadian 24-Hour Movement Guidelines² recommend:

- 60 minutes of moderate-to-vigorous physical activity per day



39% of 5-to 17-year-olds meet the physical activity recommendation¹

Grade:
B

Sleep



The Canadian 24-Hour Movement Guidelines² recommend:

- 5- to 13-year-olds require 9 to 11 hours of uninterrupted sleep per night
- 14- to 17-year-olds require 8 to 10 hours of uninterrupted sleep hours per night



70% of 5-to 17-year-olds meet the sleep recommendation¹

Grade:
D+

Sedentary Behaviours



The Canadian 24-Hour Movement Guidelines² recommend:

- No more than 2 hours of recreational screen time per day
- Limit periods of extended sitting each day

5- to 11-year-olds¹



80% of girls meet the screen time recommendation



71% of boys meet the screen time recommendation

12- to 17-year-olds¹



30% of girls meet the screen time recommendation



25% of boys meet the screen time recommendation



The full 2020 Report Card including key recommendations and resources are available online at [participACTION.com/childrenandyouth](https://participaction.com/childrenandyouth).

PARTICIPACTION
Everything gets better
when you get active.

DISCLAIMER: While it is important to step, sweat, sleep, and sit the right amounts each day, all Canadians should follow their respective public health authority recommendations. Changes in circumstances after the time of publication may impact the accuracy of the information.

REFERENCES

1. The Role of the Family in the Physical Activity, Sedentary and Sleep Behaviours of Children and Youth. (2020). ParticipACTION Report Card on Physical Activity for Children and Youth. <https://www.participaction.com/en-ca/resources/children-and-youth-report-card>
2. The 24-Hour Movement Guidelines for Children & Youth. (2016). Canadian Society of Exercise Physiology. <https://csepguidelines.ca/children-and-youth-5-17/>