Overall Physical Activity

70% of children aged 3 to 4 meet the recommendation of 180 minutes of daily activity at any intensity. However, as the guidelines change to 60 minutes of moderate-to-vigorous-intensity physical activity per day for those aged 5 to 11, only 36% are meeting the guidelines.

The new Canadian 24-Hour Movement Guidelines recommend that kids aged 5–17 years should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

**D-**

**Physical Activity**

- **Organized Sport & Physical Activity Participation**
  - According to parents, 75% of 5- to 9-year-olds participate in organized physical activity or sport.
  - Less than 30% of 5-9 year-olds with severe developmental disabilities play team sports.

- **Active Play**
  - 37% of 11- to 15-year-olds play outdoors for more than 2 hours each day.

- **Active Transportation**
  - Only 25% of Canadian parents see their kids aged 5 to 9, typically walk or bike to and from school, while 39% say their kids are typically driven.
  - Of kids aged 11 to 15, 30% walk to school and 2% bike.

**Physical Literacy**

- 44% of 8- to 12-year-olds meet the minimum recommended level of physical literacy.
- At least one study shows kids who have good motor skills at age 6 are more active during their leisure time at age 20.

**Sleep**

- 79% of 5- to 13-year-olds get the recommended 11 hours of sleep per night, and 68% of 14- to 17-year-olds get the recommended 10 hours per night.

- 33% of Canadian children aged 5 to 13 and 49% of youth aged 14 to 17 have trouble falling asleep or staying asleep at least some of the time.

- 43% of 16- to 17-year-olds are not getting enough sleep on weekdays.

**Family & Peers**

- 79% of parents financially support their kids’ physical activity.

**School**

- Three quarters of schools in Canada report using a physical education (PE) specialist to teach PE in their school (97% in 2016).
- Schools report many facilities on site including, classrooms (94%), playing fields (98%), areas with sleeping equipment (79%), and bicycle racks (80%).

**Community & Environment**

- Among municipalities with more than 1,000 residents, 33% have a physical activity and sports strategy, 50% consider physical activity a high priority and 81% have a shared use agreement with school boards for facilities.

**Non-Government**

- The majority of NGOs report that their level of investment to increase physical activity among children and youth has increased, or stayed the same.
- The Lawson Foundation’s new Outdoor Play Strategies aims to increase children’s outdoor play and includes $27 million in funding.

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**ParticipACTION**

ParticipACTION is a strategic partner of The Healthy Active Living and Obesity Research Group at the Children’s Hospital of Eastern Ontario Research Institute (CHEO RI) and the Children’s Hospital of Eastern Ontario (CHEO). ParticipACTION’s mission is to support, promote, and advance the development of the 2016 Report Card.

**Production of the Report Card**

The ParticipACTION 2016 Report Card on Physical Activity for Children and Youth was produced by The Healthy Active Living and Obesity Research Group at the Children’s Hospital of Eastern Ontario Research Institute and ParticipACTION. The Report Card was launched in November 2016.

**Additional Support**

The ParticipACTION 2016 Report Card on Physical Activity for Children and Youth is being distributed through various platforms, including the ParticipACTION website, social media, and partners. The Report Card is available for download in PDF format and can be shared via social media.

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