



# PLAY TIME

ARE KIDS GETTING ENOUGH  
OUTDOOR PLAY?



## MOVEMENT GUIDELINES RECOMMEND

### 60 MINUTES DAILY

moderate to vigorous  
physical activity for  
*5-17 year olds*

### 120 MINUTES DAILY

active play  
suggested by  
ParticipACTION

### 180 MINUTES DAILY

of any intensity for  
*0-4 year olds*



*Only 37%* of modern  
day children play  
outside everyday and  
*only 7%* of kids under  
10 are allowed to go  
out on their own



Students in grades  
6-10 play outdoors  
for an *average of 15  
minutes per day*



*Only 12%* of  
preschoolers meet  
the physical activity  
guidelines

## LEARN MORE AT

[PARACHUTE.CA/PLAYSAFEOUTDOORS](http://PARACHUTE.CA/PLAYSAFEOUTDOORS)

### DISTRIBUTED BY:



A collaborative project by



BC INJURY research and  
prevention unit



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FOR MORE INFO GO TO [WWW.OUTSIDEPLAY.CA](http://WWW.OUTSIDEPLAY.CA)