



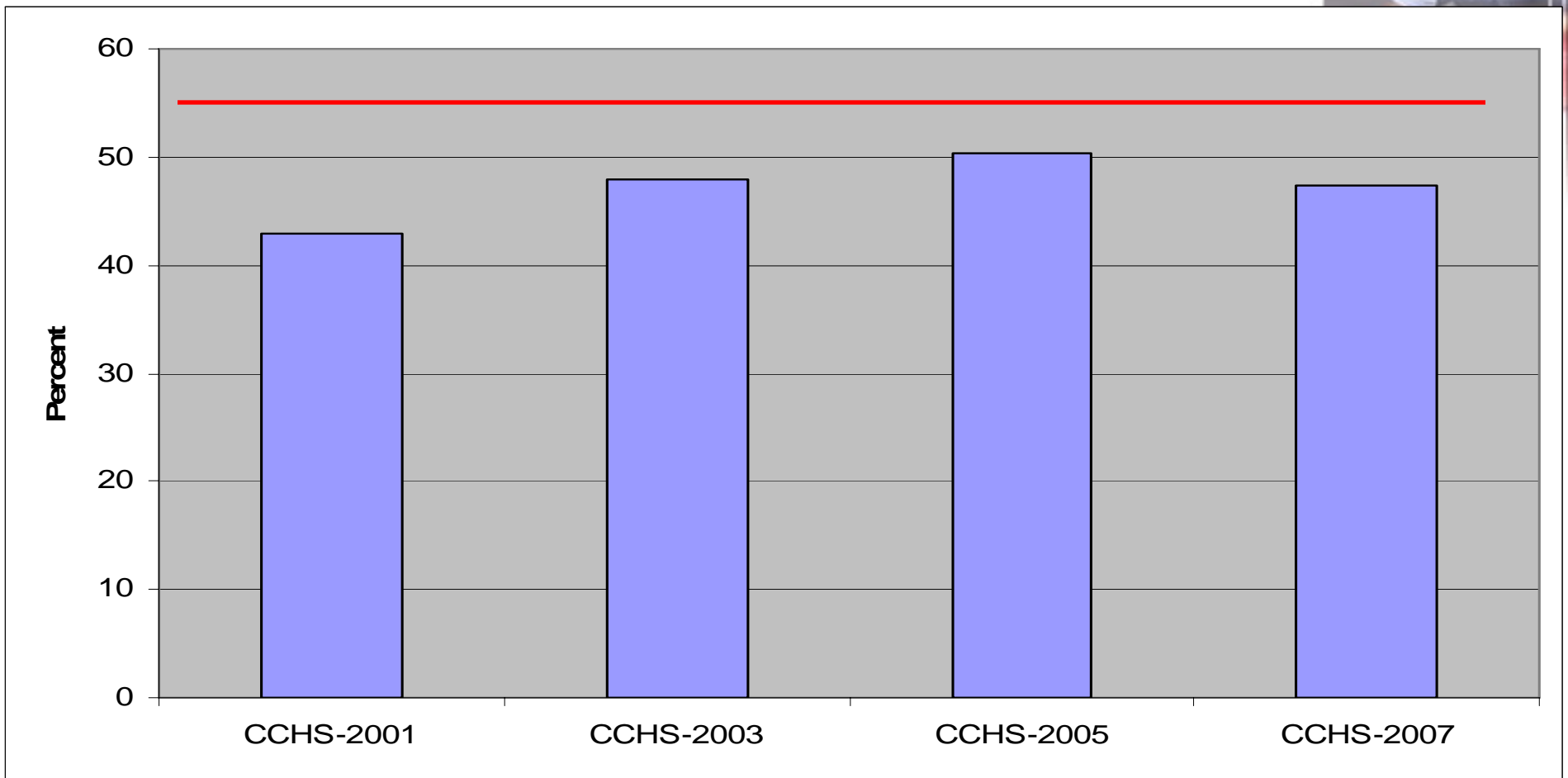
# Pan-Canadian Physical Activity Targets for Children & Youth

Canadian Sport for Life  
(Long-Term Athlete Development)

2003 – FPT Ministers responsible for sport, physical activity and recreation set a target to increase physical activity among adults by 10 percentage points by 2010



- It would appear we are not going to reach our target...



# CANPLAY

- Due to absence of valid and reliable data, no target was set for children in 2003
- 2005 – FPT Ministers approve CANPLAY (Canadian Physical Activity Levels Among Youth) Program –objective measure of children’s physical activity using pedometers (funded by PHAC and PT governments)
- 2007 – CANPLAY produced the baseline PA data on children and youth

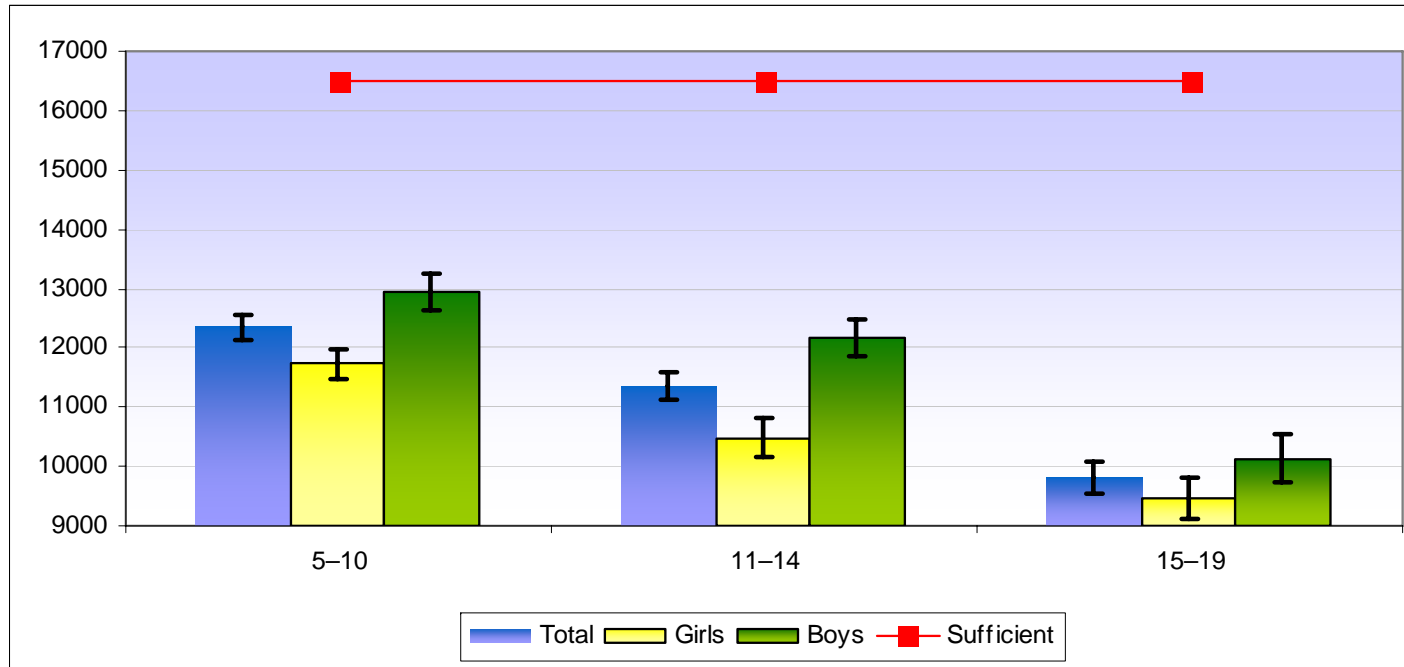


# Tracking and Reporting – CANPLAY (CFLRI)

- Children and Youth aged 5 – 19 are eligible to take part.
- Recruitment using:
  - Random digit dialing in all provinces, Yukon, Northwest Territories
  - Separate study using schools in partnership with Nunavut
  - Recruited by the Institute for Social Research at York University
- Recruited:
  - Over 23,000 children nationwide
    - In Ontario 5,000 recruited, 2,624 returned valid data.
    - National compliance rate over two years = 57%
  - Children/Youth asked to wear the pedometer for 7 consecutive days and log their steps daily



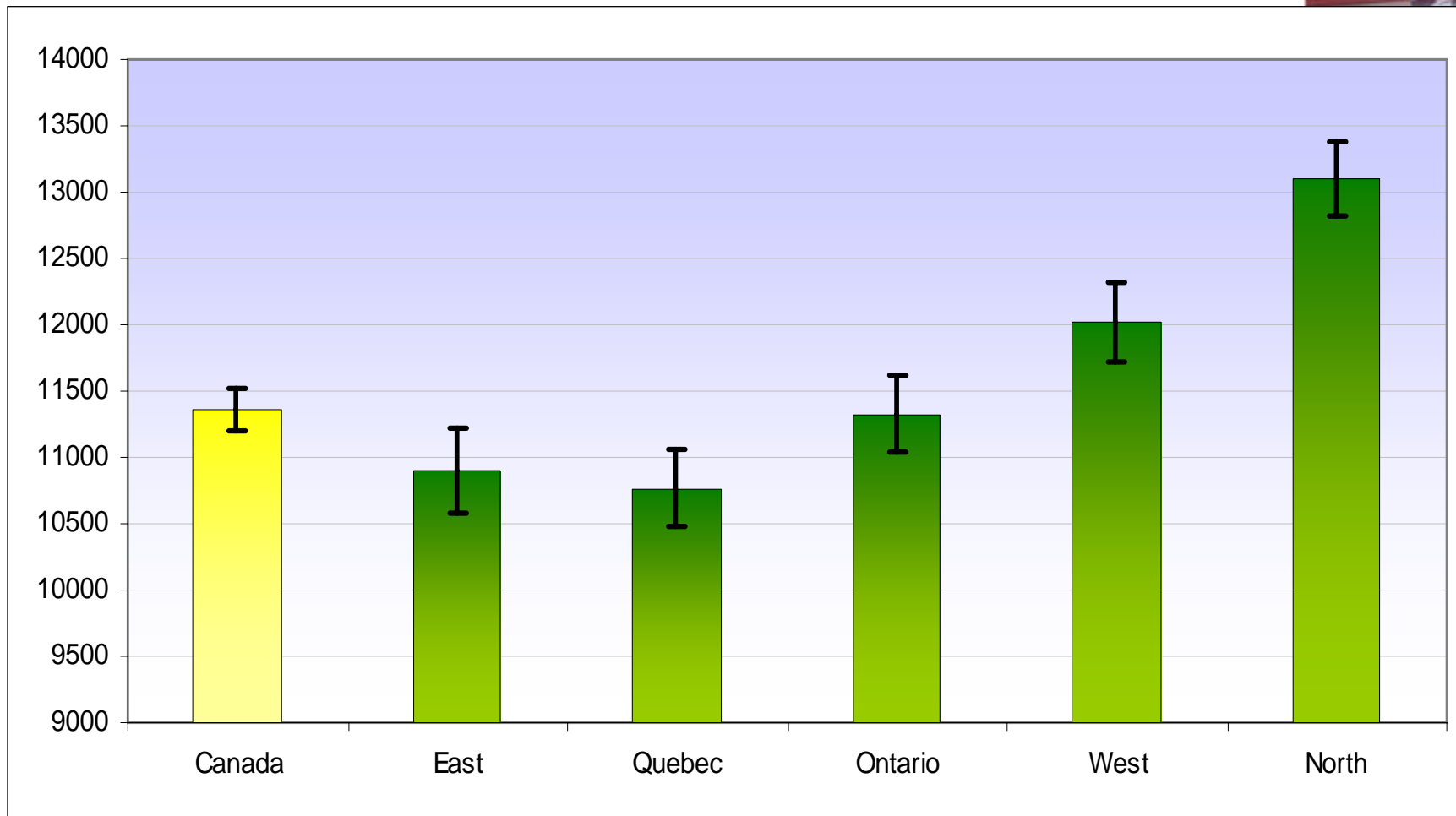
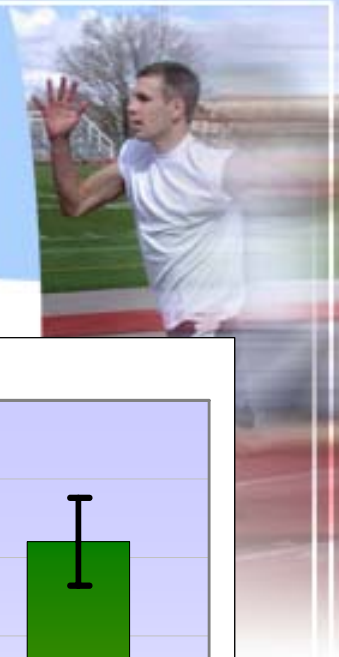
## Mean Number of Steps Taken by Child's Age and Sex, 2005-06



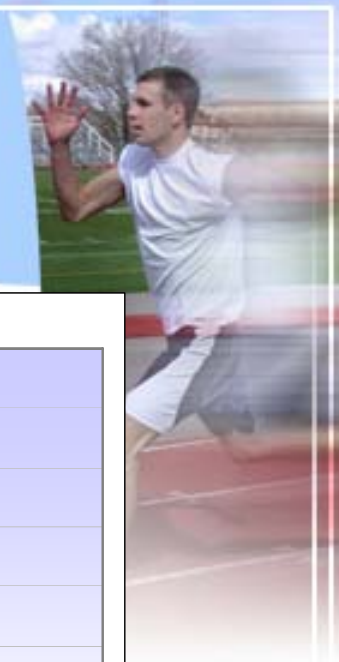
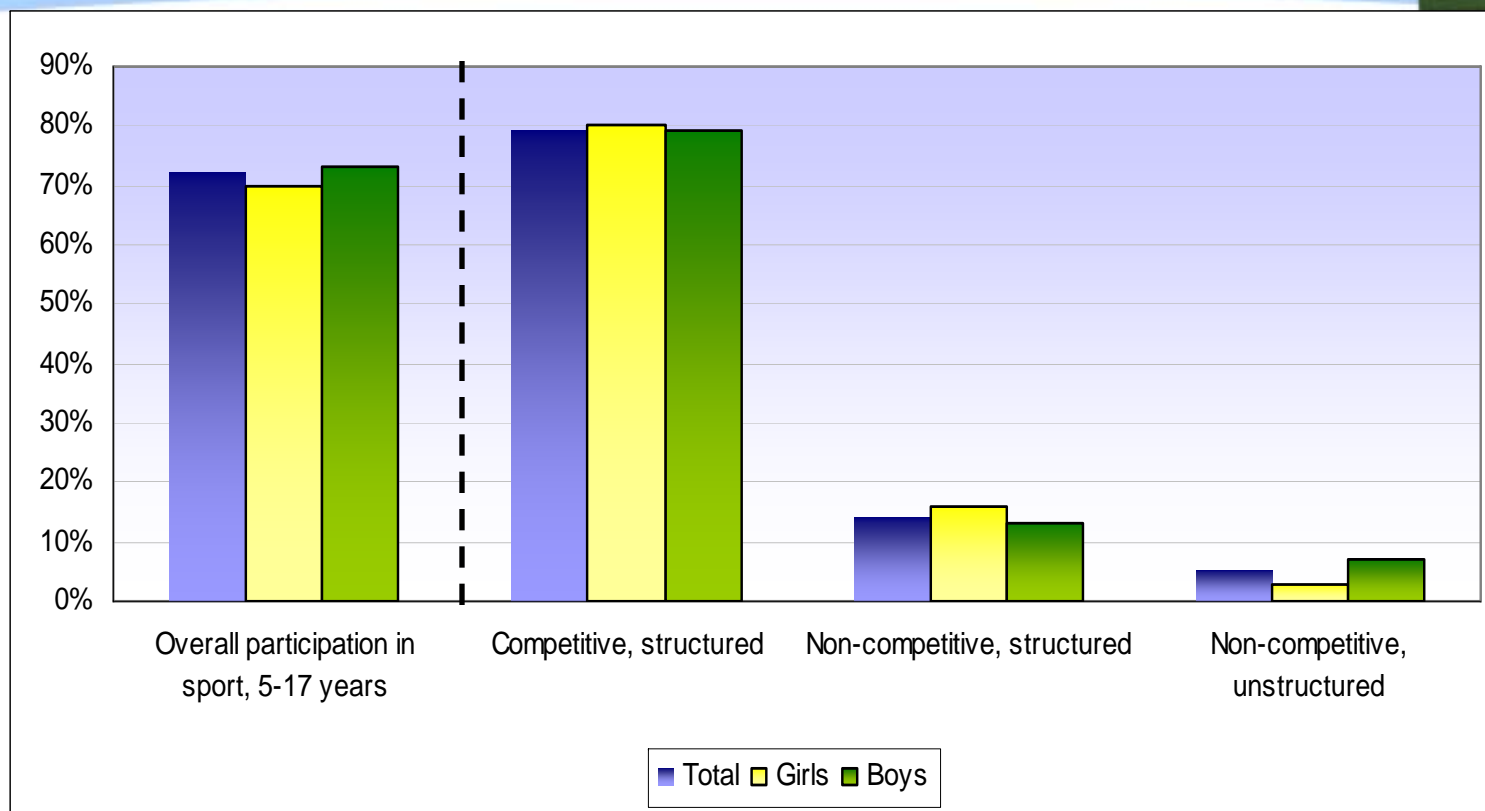
- Boys are more active than girls, taking roughly 1,200 more steps per day on average.
- Younger children take more daily steps than their older counterparts. There is a significant decrease with increasing age group.
- **Given decreases in physical activity and sport participation with the transition from childhood to adolescence, particular attention needs to be directed towards pre-adolescents and adolescents and their parents.**



## Mean Number of Steps Taken by Child by Region, 2005-06

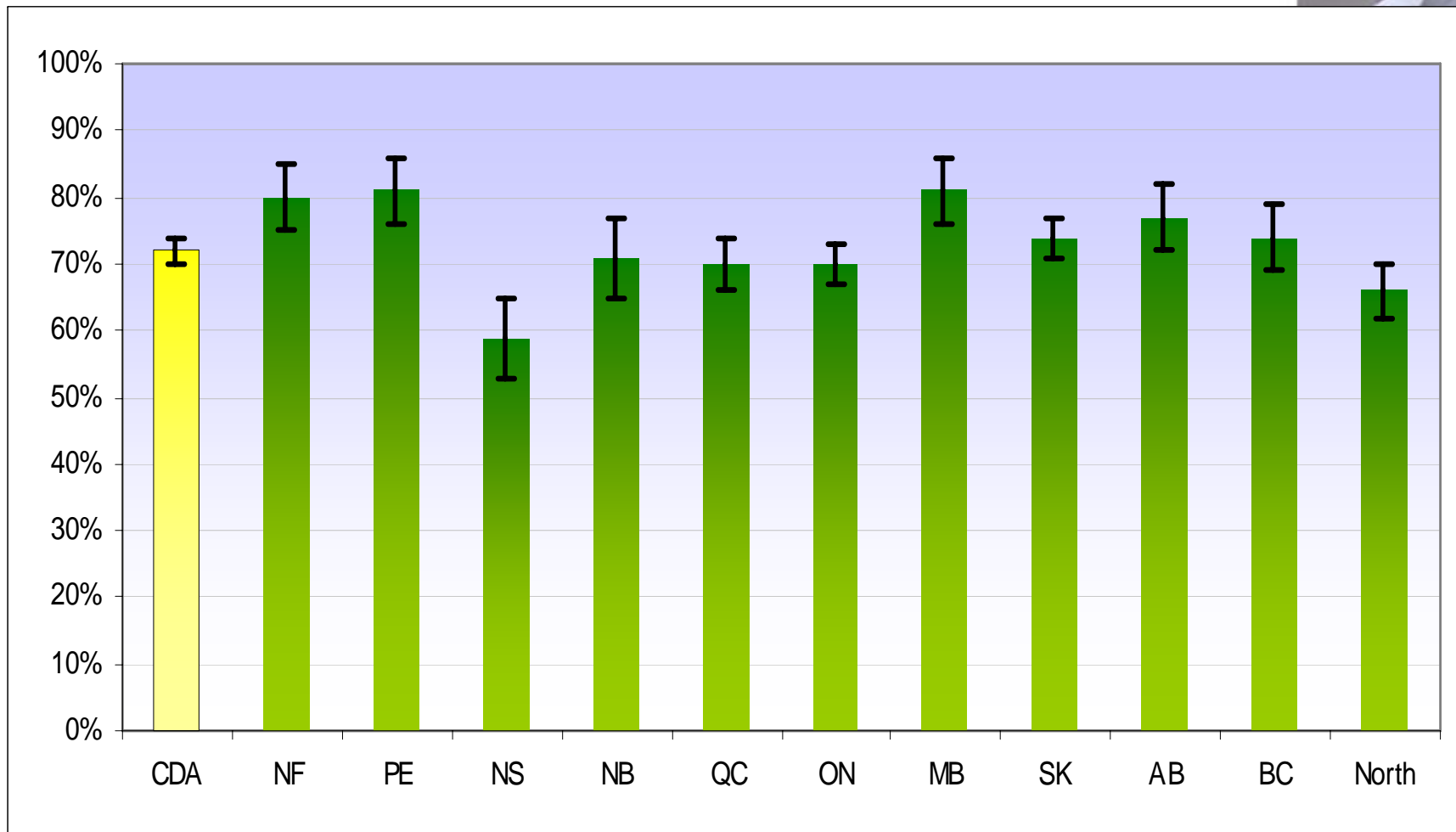


## Children's Participation in Sport and Type of Participation, 2005



- 72% of children aged 5-17 reportedly participate in sport. This figure can include sport at school, however, the regularity of participation was not studied. Most children participate in a competitive and structured environment.
- **In order to increase activity levels in children overall and to meet Canadian guidelines for children and youth, a blend of activities should be promoted, including organized *and* unorganized, structured *and* unstructured, vigorous *and* moderate activities.**

## Child's Participation in Sport by Province, 2005



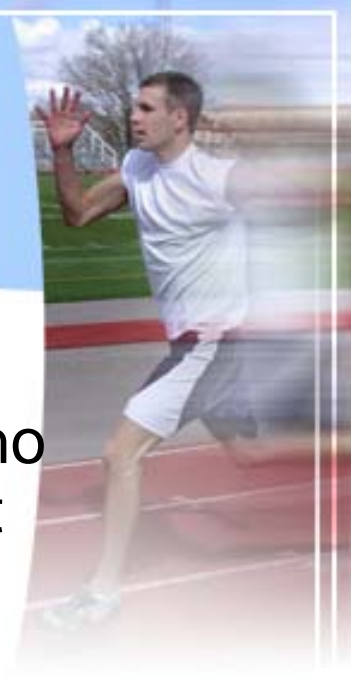
# Approved Targets

- By the year 2010, increase by **two (2) percentage points** – from 10% to 12% -- the proportion of children and youth who accumulate 16,500 steps daily.
- By the year 2015, increase by **five (5) percentage points** – from 12% to 17% -- the proportion of children and youth who accumulate 16,500 steps daily.
- Total increase of 7 percentage points by 2015

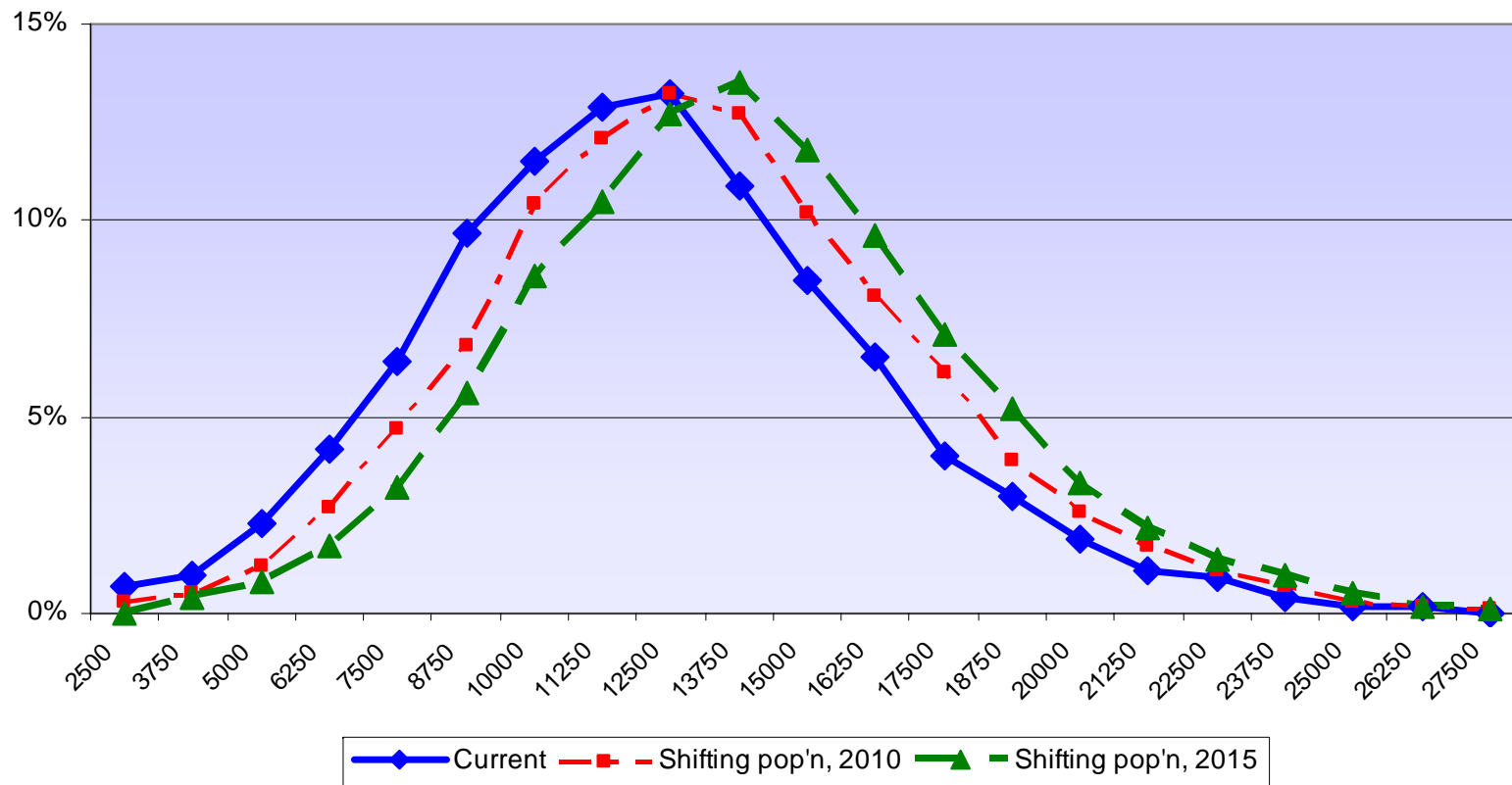


# Approved Steps Targets

- Also important to track and report on physical activity levels of less active children and youth who do not meet the ideal standard (16,500 steps) but are making progress by increasing their daily physical activity:
  - By the year 2010, increase from 11,500 to 12,500 the mean number of daily steps by children and youth (this represents an increase in daily physical activity of 10 minutes/day in Canadian children and youth).
  - By the year 2015, increase from 12,500 to 14,500 the mean number of daily steps by children and youth (this represents an increase in daily physical activity of 20 minutes/day in Canadian children and youth).



# Approved Steps Targets



# CANPLAY - Conclusions



- Even using most conservative criteria, the majority of children and youth are not accumulating sufficient steps.
  - Only 10% meet Canada's Physical Activity Guide





# Canadian Sport for Life

Long-Term Athlete  
Development



Canadian Sport For Life

**Long-Term Athlete  
Development**

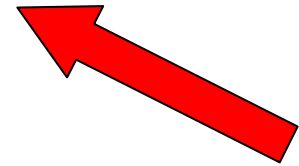
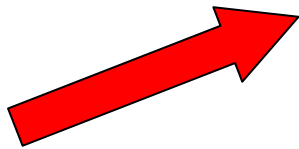


**Canadian Sport For Life**



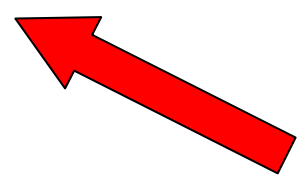
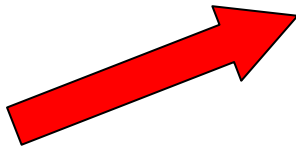
Long-Term Athlete  
Development

Canadian Sport For Life



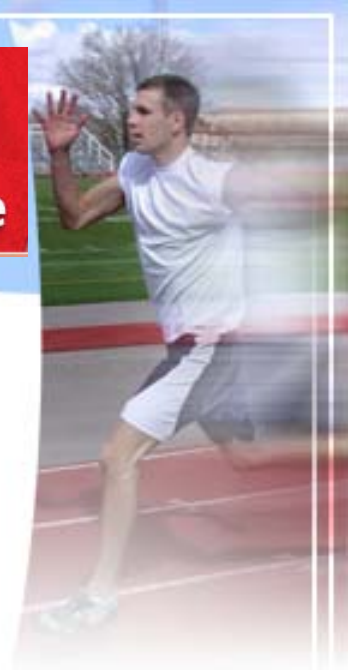
Long-Term Athlete  
Development

Canadian Sport For Life



**Long-Term Athlete  
Development**

**Canadian Sport For Life**



**Speed**

# **FUNdamentals**



**Agility**



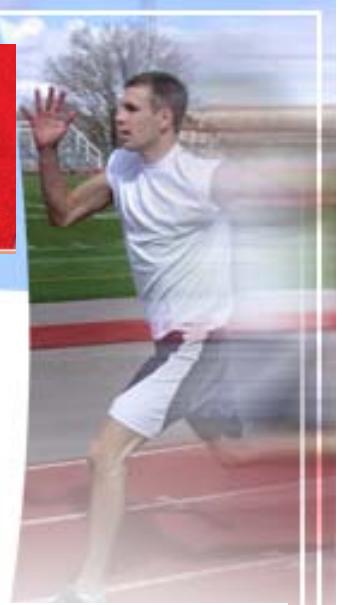
**Kicking**



**Hitting**

Long-Term Athlete  
Development

Canadian Sport For Life



# Long-Term Athlete Development Model



Long-Term Athlete  
Development

Canadian Sport For Life

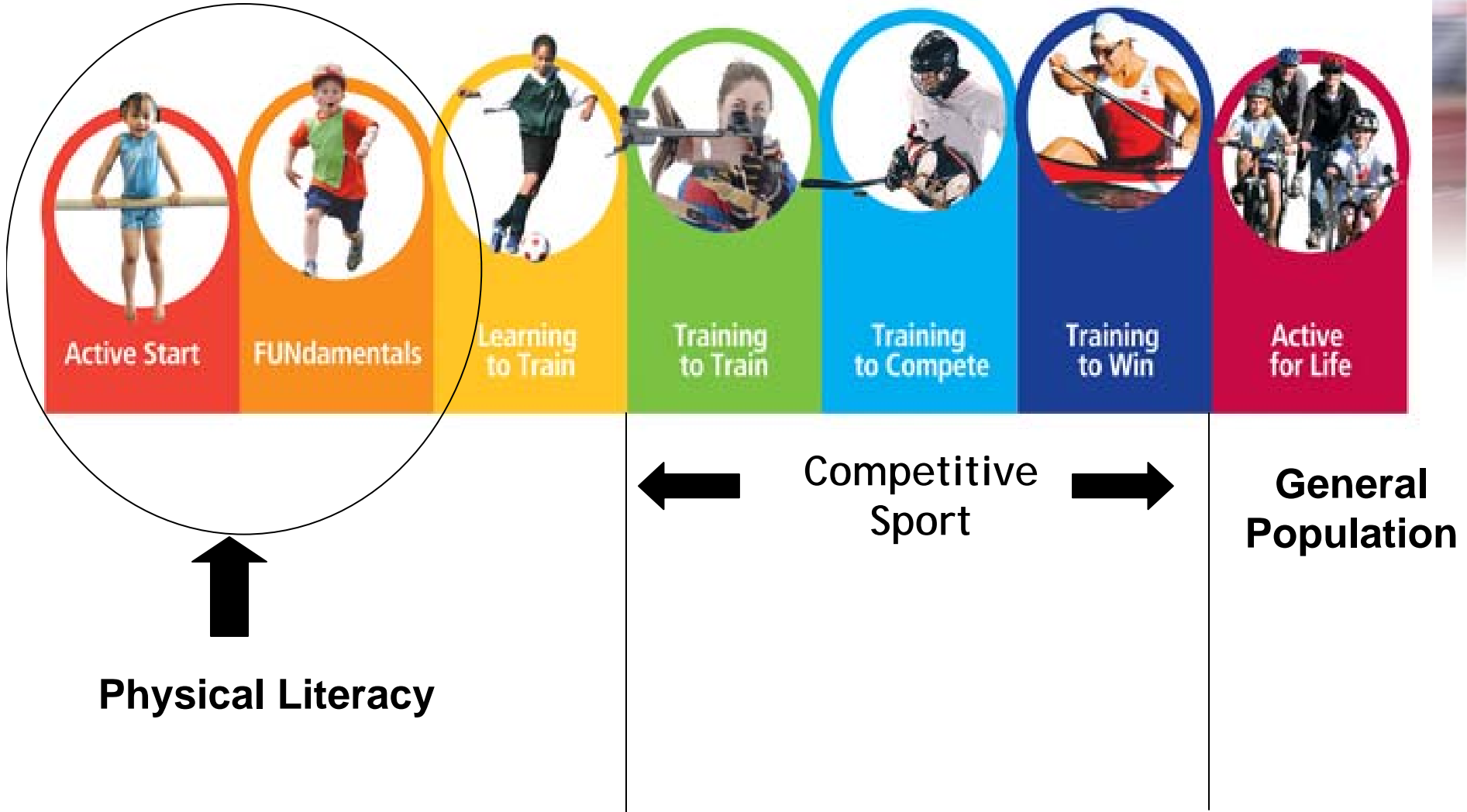


# Developmental Age versus Chronological Age



**Long-Term Athlete  
Development**

**Canadian Sport For Life**



**Long-Term Athlete  
Development**

**Canadian Sport For Life**



## Active Start (Age 0-6)

- Learn fundamental movements and link them together with play to build gross motor, coordination, and social skills
- Play games such as tag, rolling down a grassy slope, throwing and catching with a soft object, jump as high as you can, water activities
- Organized physical activity for at least 30 minutes/day for toddlers, 60 minutes for preschoolers

Long-Term Athlete  
Development

Canadian Sport For Life



Fundamentals (males 6-9, females 6-8)

- Skill development should be well-structured, positive and FUN!
- Emphasis on ABC's – agility, balance, coordination and speed
- Take part in a wide variety of sports – encourage land-based, water-based and ice/snow activities.
- Participation in many sports, no more than twice a week for any one sport and don't be concerned with the score.

**Long-Term Athlete  
Development**

**Canadian Sport For Life**



## Tools

- Physical Literacy Workshops for early childhood education workers
- Fundamental Movement Skills coaching module (Coaches Association of Canada) for municipal, youth workers, community coaches etc.
- Physical Literacy Parents' Guide (back of room)

Questions...

