

# 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,<sup>1</sup> which are essential for healthy growth and development.

The **2020 ParticipACTION Report Card on Physical Activity for Children and Youth**<sup>1</sup> 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 Guidelines<sup>2</sup> recommend:

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



39% of 5-to 17-year-olds meet the physical activity recommendation<sup>1</sup>

Grade:  
**B**

**Sleep**



The Canadian 24-Hour Movement Guidelines<sup>2</sup> 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 recommendation<sup>1</sup>

Grade:  
**D+**

**Sedentary Behaviours**



The Canadian 24-Hour Movement Guidelines<sup>2</sup> recommend:

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

**5- to 11-year-olds**<sup>1</sup>



80% of girls meet the screen time recommendation



71% of boys meet the screen time recommendation

**12- to 17-year-olds**<sup>1</sup>




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/>