

SNAPSHOT OF THE PLAYCE 2 SCHOOL RESEARCH

CHILDREN'S PHYSICAL ACTIVITY, HEALTH & DEVELOPMENT

OBJECTIVES



- Impact of children's movement behaviours (physical activity, sedentary/screen, sleep) on health and development
- Inform national Movement Guidelines and future interventions

PHYSICAL ACTIVITY



27% met guidelines*

*Australian 24-Hr Movement Guidelines for the Early Years

Children aged 1 to 5 years should accumulate at least 180 minutes of physical activity every day



More daily moderate-intensity physical activity



Positive parent perceptions (traffic safety, street connectivity, walking / cycling facilities, neighbourhood aesthetics)



Dog ownership, family dog walking and dog play

Better

social-emotional development at 2-5 years old

TIMEPOINT 1

2015-2018
Aged 2-5 years

TIMEPOINT 2

2018-2021
Aged 5-8 years

TIMEPOINT 3

2021-now
Aged 8-10 years



Be part of Timepoint 3 - for children aged 8 to 10 years. Get in touch with us

playce.study@telethonkids.org.au

BENEFITS OF PARTICIPATING

- A report of your child's physical activity, sleep and sedentary behaviours
- Be part of research to support all children to be active and healthy



Visit our [webpage](#) for more information or to read published papers

