

# Physical activity in Canadian early childhood education and care

[1]

**Author:** Childcare Resource and Research Unit

**Source:** Childcare Resource and Research Unit

**Publication Date:** 21 Nov 2012

## AVAILABILITY

ISSUE file online [2]

## Description

The purpose of this ISSUE File is to gather research on the situation regarding physical activity for young children in ECEC environments. As well, we hope to promote an increased focus on physical activity in early childhood education and care programs by providing practical resources and more information on this issue, which is under-studied in Canada. We have tried to choose resources that are available and accessible online but have included a few research articles that must be accessed through a university library or purchased from the publisher.

The ISSUE file is organized into four categories.

- Activity levels of young children in Canada
- Research about physical activity for young children generally
- Resources for services providers
- Provincial/territorial requirements in regulated child care for physical activity, outdoor space and time

**Region:** Canada [3]

**Tags:** health [4]

physical environment [5]

curricula and pedagogy [6]

---

**Source URL (modified on 27 Jan 2022):** <https://childcarecanada.org/documents/research-policy-practice/12/11/physical-activity-canadian-early-childhood-education-and>

## Links

[1] <https://childcarecanada.org/documents/research-policy-practice/12/11/physical-activity-canadian-early-childhood-education-and> [2]

<http://childcarecanada.org/resources/issue-files/physical-activity-canadian-early-childhood-education-and-care> [3]

<https://childcarecanada.org/taxonomy/term/7864> [4] <https://childcarecanada.org/category/tags/health> [5]

<https://childcarecanada.org/category/tags/physical-environment> [6] <https://childcarecanada.org/category/tags/curricula-and-pedagogy>