

# Resources for service providers

Canadian physical activity guidelines for the early years 0-4 <sup>[1]</sup>

Canadian Society for Exercise Physiology, April 2012

Best-Practice Guidelines for Physical Activity at Child Care <sup>[2]</sup>

McWilliams, C., Ball, S.C., Benjamin, S.E., Hales, D., Vaughn and Ward, D.S. (2009). *Pediatrics*, 124(6), pp. 1650 -1659.

Physical activity information sheets: Active solutions <sup>[3]</sup>

Government of Saskatchewan

Physical activity resource guide for child care centres <sup>[4]</sup>

Sudbury Children's Services (2009)

Physical Activity at Childcare among Preschool-aged Children <sup>[5]</sup>

The Research File, 2010

**Moving and growing** (Resources available online <sup>[6]</sup> and to purchase)

Canadian Child Care Federation

Physical activity in child care <sup>[7]</sup>

*Preschooler Focus*, Issue 2, April 2011.

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Source URL (modified on 3 Jan 2021): <https://childcarecanada.org/resources/issue-files/physical-activity-canadian-early-childhood-education-and-care/resources>

## Links

<sup>[1]</sup> <http://www.csep.ca/english/view.asp?x=804> <sup>[2]</sup> <https://pediatrics.aappublications.org/content/124/6/1650.full> <sup>[3]</sup>

<https://www.saskatchewan.ca/government/government-structure/ministries/education> <sup>[4]</sup>

[http://www.greatersudbury.ca/content/div\\_childrens-services/documents/Phys%20Guide%20for%20Child%20Care3.pdf](http://www.greatersudbury.ca/content/div_childrens-services/documents/Phys%20Guide%20for%20Child%20Care3.pdf) <sup>[5]</sup>

[https://www.cflri.ca/media/node/310/files/ResearchFile\\_May\\_Eng.pdf](https://www.cflri.ca/media/node/310/files/ResearchFile_May_Eng.pdf) <sup>[6]</sup> <http://cccf-fcsge.ca/topics/physical-activity/> <sup>[7]</sup>

[https://canchild.ca/en/childrenfamilies/resources/physical\\_activity\\_preschooler\\_newsletter\\_apr\\_2011.pdf](https://canchild.ca/en/childrenfamilies/resources/physical_activity_preschooler_newsletter_apr_2011.pdf)