

FACT SHEET

play To Move



Outdoor play provides children with the foundations for physical literacy and enables them to be physically active every day, supporting optimal health and reducing the likelihood of obesity and other related medical conditions.

In addition, exposure to nature, fresh air and sunshine every day are key ingredients to effectively support our children's mental wellbeing and reduce their anxiety.

Adults must provide time, space and freedom for children to get outside every day and play their way.



Only 1 in 3 children engage in free play outdoors daily



A quarter of Australian children are overweight or obese



Spending more than 2 hours a day outdoors reduces the likelihood of children developing myopia



Anxiety related problems are increasing amongst children with an incidence 10 times that of diabetes



Contact with nature is extremely valuable for stimulating full-body engagement and recovery from fatigue and stress



Children (1-5 years) need 3 hours of physical activity per day; and Children (5-17 years) need at least 1 hour of physical activity per day
Australian 24 hour Movement Guidelines



Challenges we face

- Because our cities are growing in size, many children don't have easy access to nature or outdoor environments for play
- Children are suffering increased health related problems because of a lack of physical activity



What You Can Do

- Make sure that children in your care get access to outdoor play everyday – even in inclement weather (they can always be rugged up)
- If you don't have a backyard, take children in your care regularly to different local playgrounds, parks and reserves
- Encourage children in your care to play independently (whilst supervising them) when in a public playspace
- Encourage children to try and gradually challenge themselves when playing outdoors

Definition of Axial Myopia

Near-sightedness otherwise known as *short-sightedness* is where there is defective vision of distant objects. It has been proven that exposure to sunlight for periods of time regularly can reduce the likelihood and effect of myopia in children.

Definition of Overweight or Obese

Weight higher than what is considered as a healthy weight for a given height is described as overweight or obese. Body Mass Index (or BMI) is the most common measurement of overweight or obesity. Being overweight or obese increases the likelihood of high-blood pressure, cardiovascular disease and Type 2 diabetes in adulthood.



make time today for outside play



PlayAustralia.org.au