



*The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour and Sleep* is available from: [www.health.gov.au/internet/main/publishing.nsf/Content/npra-0-5yrs-brochure](http://www.health.gov.au/internet/main/publishing.nsf/Content/npra-0-5yrs-brochure)

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## Multiple Choice

*The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years):*

- (a) are an integration of physical activity, sedentary behaviour and sleep guidelines
- (b) are for families and carers
- (c) recognise that each movement-behaviour is related to health
- (d) were developed by the Australian Government in collaboration with experts
- (e) All of the above.**



## Discussion Point

What recommendation of *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)* do you think families might find challenging to implement at home?

How could you encourage and help families to implement the 24-Hour Movement Guidelines?



## True or False

Naps are not included in the sleep recommendations of *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*.

**Answer:** False. The sleep recommendations include naps, as well as consistent sleep and wake up times for toddlers and preschool children.



## Scenario

It has been raining all day and, after being inside for long periods of time, the children are starting to become less interested in storytelling.

As an educator, how could you increase the children's physical activity levels without being outside?

How does your service cater for physical activity throughout all seasons and weather conditions?



## Multiple Choice

Who needs to be aware of *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*?

- (a) Nominated supervisors
- (b) Families
- (c) Family day care educators
- (d) All of the above.**



## Scenario

Evie is two (2) years old and new to your service. Her mother has mentioned that during the day Evie often has a sleep for two (2) hours and does not focus well if she has not had one.

How would your service manage this request?

What is your current 'nap time' procedure?

Share your thoughts on every child having a sleep during the day.



## Discussion Point

How might you modify the physical environment of your service to increase standing time and reduce sedentary behaviour?

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## Trivia Question

Out of the 180 minutes of physical activity required for preschool children throughout the day, how many minutes should be spent in energetic play?

**Answer:** 60 minutes



## Activity

Each educator walks around the service and takes a picture of an area or object that encourages physical activity. Return to the group, discuss each photo and consider:

- Does your service promote physical activity in a variety of ways?
- Is the promotion of physical activity directed towards adults, children or both?
- What are some other ways your service could encourage physical activity?



## True or False

All sedentary behaviour is the same quality and has the same outcomes for children.

**Answer:** False. Sedentary screen time or being restrained in a car seat, stroller or high chair is different to good quality sedentary behaviour such as reading, puzzles and storytelling.



## Multiple Choice

*The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)* provide guidance on which of the following health areas:

- (a) Sleep, immunisation and sedentary behaviour
- (b) Physical activity, sedentary behaviour and healthy eating
- (c) Physical activity, sedentary behaviour and sleep**
- (d) Physical activity, sleep and health eating.



## Discussion Point

What do the terms 'good quality sleep' and 'good quality sedentary behaviour' mean to you?

How are these described in *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*?

How does your service promote 'good quality sleep' and 'good quality sedentary behaviour'?

How can your service improve on achieving these?



## Trivia Question

How many hours of sleep is required for a toddler (1 – 2 years of age)?

**Answer:** 11 to 14 hours of good quality sleep, including naps, with consistent sleep and wake up times is required.



## Discussion Point

As an educator, do you believe it is important to involve yourself in the children's activities? Why/Why not?

Do you believe children respond to activities better when you are actively involved? Why/Why not?

Do your beliefs change when discussing outdoor and indoor play? Why/Why not?



## True or False

Between the ages of birth and 2 years of age, screen time is NOT recommended.

**Answer:** True

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## Multiple Choice

Which age groups require 10 to 13 hours of good quality sleep?

- (a) Toddlers (1-2 years)
- (b) Preschool age children (3-5 years)**
- (c) Infants (<1 year)
- (d) All of the above.



## Discussion Point

Discuss why you think *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)* have been divided into three different age groups (Babies (Infants), Toddlers and Preschool children).

Share some differences you have noticed in terms of physical activity, sedentary behaviour and sleep in these different age groups.



## Activity

Each educator considers one activity that would normally be sedentary for children and modifies it to be a physically active experience.

Write down possible ways your service may be able to achieve this.

Share your thoughts on children learning whilst being active.



## Scenario

A service has changed some of its sedentary behaviour play to physically active play. This includes taking chairs away from the art table and mounting Lego building boards to the walls.

Share your thoughts on these types of modifications.

How would these experiences change the learning outcomes for children?

Would this be a positive or negative effect on children's learning and development? Why?



## Discussion Point

Provide examples of how *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)* differ from the previous Australian physical activity and sedentary behaviour guidelines.

Share your thoughts on how technology has changed for children since the release of the previous guidelines in 2008.



## Activity

Take a picture of two different sedentary experiences. Compare and identify which would be considered 'good quality sedentary behaviour'.

Consider if any of these experiences could incorporate additional physical activity within them.



## Discussion Point

Which recommendation of *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)* do you think would be most difficult to implement in your service? Why?

Share what may need to change in order to implement this guideline.



## True or False

Australia's Physical Activity and Sedentary Behaviour Guidelines are supported by a rigorous evidence review process.

**Answer:** True

See: [www.health.gov.au](http://www.health.gov.au)

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## Multiple Choice

Where is the best place to find a copy of *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years)*?

- (a) Australian Government Department of Health Website
- (b) EatforHealth.gov.au
- (c) raisingchildren.net.au
- (d) wikipedia.com



## True or False

Toddlers (aged 1-2 years) should not be restrained for more than 1 hour at a time (e.g. in a stroller, car seat or high chair) or sit for extended periods. For those toddlers younger than 2 years, sedentary screen time is not recommended. For those aged 2 years, sedentary screen time should be no more than 1 hour in total throughout the 24-hour period; less is better.

**Answer:** True



## True or False

Young babies should not be expected to engage in physical activity.

**Answer:** False. For infants (Birth to one year), physical activity, particularly through supervised interactive floor-based play in safe environments, should be encouraged from birth. For those not yet mobile, this includes at least 30 minutes of tummy time, including reaching and grasping, pushing and pulling, spread throughout the day while awake.



## Multiple Choice

What approved learning framework includes the following learning outcome: Outcome 3: Children have a strong sense of wellbeing (including Children take increasing responsibility for their own health and physical wellbeing)?

- (a) *Belonging, Being & Becoming: The Early Years Learning Framework for Australia*
- (b) *My Time, Our Place: Framework for School Age Care in Australia*
- (c) **Both of the above.**



## True or False

Implementing *The Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep* can inform policies and practice related to NQS Element 2.1.3 (Healthy lifestyle): Healthy eating and physical activity are promoted and appropriate for each child.

**Answer:** True



## True or False

Unsupervised use of screens while a child is sedentary for long periods of time can lead to language delays, reduced attention spans, lower levels of school readiness and poorer decision-making. This is due to the child's reduced social interaction with family members and carers. Quality sedentary behaviour like reading, storytelling and puzzles support healthier growth and development.

**Answer:** True

Source: [www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure](http://www.health.gov.au/internet/main/publishing.nsf/content/npra-0-5yrs-brochure)



## True or False

Regulation 168(2)(a)(v) of the Education and Care National Regulations requires that an education and care service must have policies and procedures in relation to sleep and rest for children.

**Answer:** True. This requirement was introduced in October 2017.



## Multiple Choice

When developing the service policies relating to sleep and rest, consideration should be given to the requirements of which Education and Care Services National Regulation?

- (a) Regulation 51 Sleep and rest
- (b) **Regulation 81 Sleep and rest**
- (c) Regulation 61 Sleep and rest
- (d) Regulation 101 Sleep and rest

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## True or False

*The Guide to the National Quality Framework* (accessible from the ACECQA website) provides a tick box checklist for what services need to do to achieve a rating of Exceeding NQS for Standard 2.1 (Health).

**Answer:** False. The Guide includes useful information in the section: **Exceeding Guidance for Standard 2.1 (Health)**. Instead of providing a prescriptive checklist, it includes helpful information to build an understanding of the three Exceeding NQS themes.



## Activity

Identify how long children and educators spend sitting during the day at your service.

Over the period of a week, monitor and record the amount of time children and educators spend sitting while indoors and outdoors.

How does this align with recognised guidelines for physical activity?

Are educators role modelling appropriate levels of physical activity?



## Discussion Point

Research shows that unsupervised use of screens while a child is sedentary for long periods of time can lead to language delays.

Discuss alternative experiences that can be provided to support children's language development.

Discuss which Learning Outcomes of the Approved Learning Frameworks will be met through these experiences.



## Discussion Point

How do you, or could you, support children to be active during very hot days, when going outdoors is not advised?

Discuss some examples for the different age groups in your service.



## Discussion Point

What methods or approaches might you use to discuss, document or demonstrate that your service practice and provision related to physical activity and wellbeing is meeting all of the three Exceeding NQS themes at the level required for a rating of Exceeding NQS for Standard 2.1 (Health)?

How is practice:

- embedded in service operations?
- informed by critical reflection?
- shaped by meaningful engagement with families and/or the community?



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