



Physical Activity Definitions

Physical activity can be defined as any body movement performed by the muscles that use energy.

Sedentary behaviour/time is the time spent inactive, or not moving.

Fundamental movement skills are basic movement skills. They can be categorized into stabilizing skills, locomotion skills, or manipulative skills.

Balancing (stabilizing) skills involve maintaining balance against gravity, such as holding a front support position, or balancing on one foot.

Locomotion skills are the skills that allow children to move from one place to another in a variety of ways such as galloping, walking, crawling, bear walking or hopping.

Coordination (manipulative) skills, sometime called hand-eye or foot-eye coordination, involve gross motor manipulation of objects such as tapping a balloon with a bat, kicking a ball or throwing a beanbag.

Structured/facilitated play is physically active time when a child is following movement lead by an instructor or adult.

Unstructured/free play is physically active time when a child is moving their body in a self-directed way.

