



## Physical Activity Definitions

Physical activity can be defined as any bodily movement performed by the muscle that uses energy.

**Sedentary behaviour/time** is the time spent inactive, or not moving. This occurs when children are sitting for long periods of time and engaging in activities that are not physically active (such as watching TV, playing video games, in a stroller or high chair, etc.).

**Fundamental movement skills** are basic movement skills. They can be categorized into balancing, locomotion or coordination skills.

**Balancing (stabilizing) skills** involve maintaining balance against gravity, such as holding a front support position (using hands or arms to balance), 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.

