



Managing School-Related Sedentary Behaviour

Recommendations

A Healthy School Day...

...Includes breaking up periods of extended sedentary behaviour with both scheduled and unscheduled movement:

once every
30 minutes

FOR AGES 5-11 YEARS

once every
60 minutes

FOR AGES 12-18 YEARS





Incorporate movement into homework

Incorporate different types of movement into homework whenever possible, and limit sedentary homework to no more than 10 minutes per day, per grade level.

School-Related Screen Time

Regardless of the location, school-related screen time should be meaningful, mentally or physically active, and serve a specific pedagogical purpose that enhances learning compared to alternative methods.

When school-related screen time is warranted:

LIMIT TIME ON DEVICES

especially for students
5-11 years of age

TAKE A DEVICE BREAK

at least once every 30
minutes

DISCOURAGE MEDIA-MULTITASKING

in the classroom and while
doing homework

AVOID SCREEN-BASED HOMEWORK

within an hour of
bedtime

To further support students' health and wellbeing:



Replace sedentary learning activities with movement-based learning activities



Replace screen-based learning activities with non-screen-based learning activities



Implementing the Recommendations on Managing School-Related Sedentary Behaviour

Four M's Approach

Educators, school administrators, policymakers, parents/guardians, caregivers, physicians and healthcare providers can implement the recommendations using the four M's approach:

Manage

Meaningful

Model

Monitor



Manage

Manage sedentary behaviour

In the classroom and during homework, include light activities that require movement of any body parts, and moderate to vigorous activities that require greater physical effort.



Meaningful

Encourage Meaningful screen use

#1

Prioritize face-to-face interactions over screen use.

#2

Use screens when they are the best pedagogical tool for the job and likely to enhance learning.

#3

Prioritize screens for mental and physical engagement, rather than for passive viewing.

#4

Turn screens off when not in use, including background TV or videos while doing school or homework.

#5

Avoid screen use during meal and snack times.

#6

Avoid using screens as the default method for content delivery or classroom management.

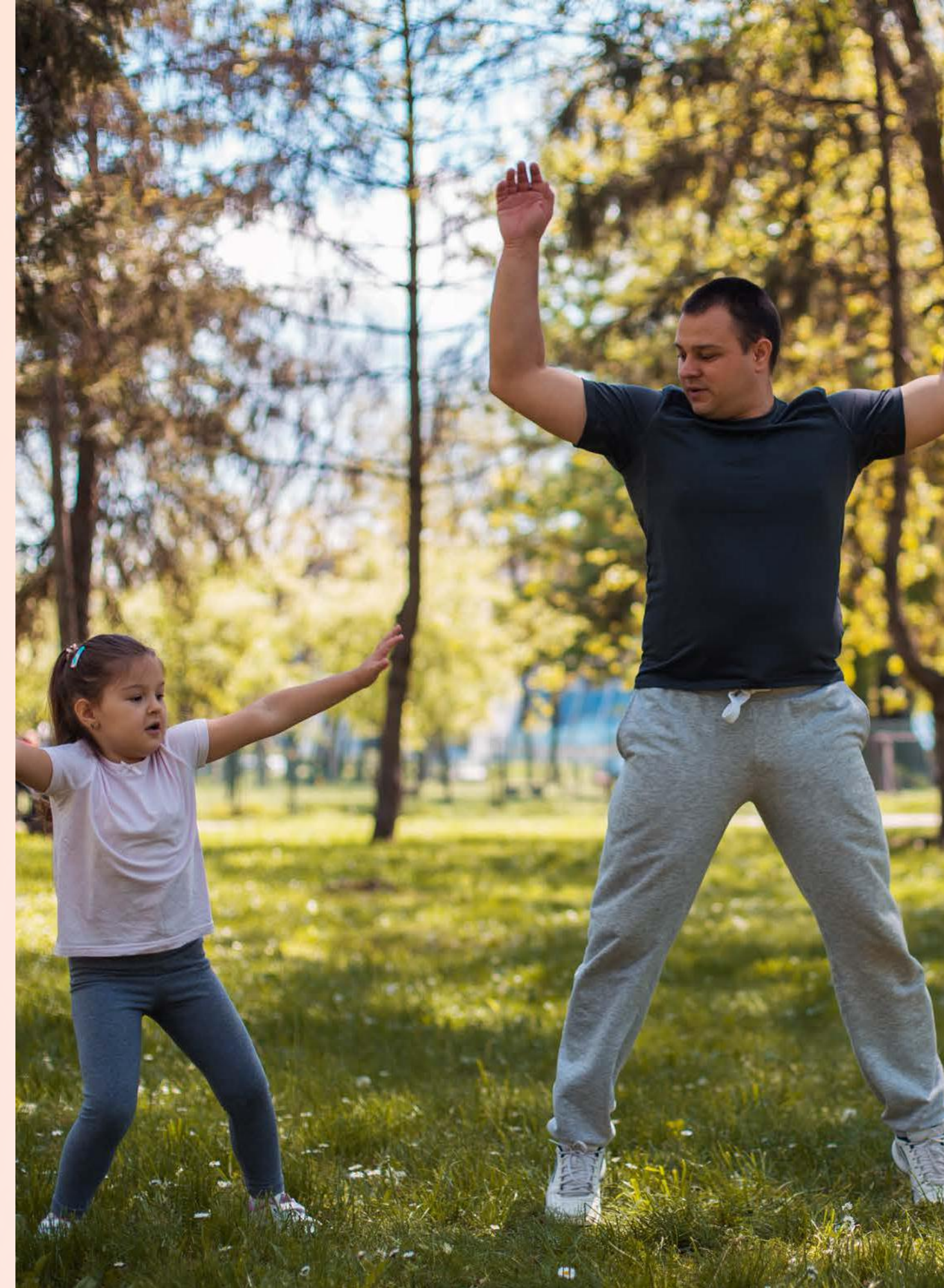
#7

Encourage students to review and self-regulate their screen use, and plan time for outdoor play and physical activity.

Model

Model Healthy Behaviours

Educators, healthcare providers, parents and caregivers should Model healthy and meaningful screen use.



Monitor

Monitor for signs of problematic screen use and follow-up with a parent/caregiver, physician or healthcare provider if concerns arise.

Signs of problematic screen use can include:



Complaints about being bored or unhappy without access to technology.



Difficulty accepting screen time limits.



Screen use that interferes with school, family activities, sleep, physical activity, offline play, or face-to-face interactions.



Negative emotions following time spent playing video games, texting or using social media.