

A decade of discovery from PLAYCE cohort



2000 children from early childhood through to adolescence



10 years



75 publications



\$7m in funding



Partnerships with **150** early learning education centres (ECEC), research, and health organisations

Real world impact



World Health Organisation Global Standard



24-hr Movement Guidelines for the Early Years Australia



Active Healthy Kids Australia Report Card



Play Active is Australia's first program to boost energetic play in early learning

Young children's physical activity, health, and development



3-5-year-olds get an average of **370 minutes a day** of total **physical activity**



They need **60 minutes** of **energetic play every day**, but most get **30-40 minutes only**



Moderate to vigorous physical activity improves **social-emotional development** (especially for boys), **self-regulation**, and **cognitive school readiness**



Living close to rivers and the ocean, and in semi-rural neighbourhoods = **more physical activity** for young children



Bigger yards = **more active play**



Screen time recommendations (<60 mins) at early learning are met, but young kids get too much overall (**107 minutes**)



92% get **enough sleep/day**



Dog ownership increases **physical activity** (+16 minutes a day) and **reduces social-emotional problems**

More trees and green space:



At early learning = **more outdoor time** and **physical activity**



At home = **less** being unhappy, worried, or clingy



More traffic = **less physical activity**



More space to run and a range of play equipment at early learning = **more energetic play**



PLAYCE Partners:

The National Heart Foundation, WA Department of Health, WA Department of Local Government, Sport and Cultural Industries, WA Department of Transport, WA Local Government Association, Cancer Council WA, Nature Play WA, Australian Childcare Alliance (WA), UWA Childcare, Goodstart Early Learning, Maragon Early Learning, Sonas Early Learning & Care, Mercy Care, Great Beginnings Early Education, Jellybeans Child Care & Kindy, Buggles Early Learning and Kindy and ArborCarbon.