



## Sample Daily Schedule for Toddlers & Preschoolers

<b>Arrival/Learning Center Time</b>	Learning center time along with greetings and routines include opportunities for children to participate in self-directed <b>physical activities (15 min.)</b>
<b>Transition Time/ Breakfast</b>	Clean up toys, bathroom break, breakfast if applicable, include a <b>physically active</b> transition such as moving to music to gather children together <b>(5 min.)</b>
<b>Circle Time</b>	Information sharing and singing songs includes a song with large body <b>physical activities</b> that children can act out <b>(5 min.)</b>
<b>Learning Center Time</b>	Include opportunities for self-directed <b>physical activities (15 min.)</b>
<b>Snack</b>	Clean up, bathroom break, wash hands, and snack
<b>Story Time</b>	Act out a story's action using large body <b>physical activities (5 min.)</b>
<b>Outdoor Play</b>	Initially encourage moderate to <b>vigorous physical activity (15 min.)</b> during the hour or more of free play Lead at least two structured, adult-led <b>physical activities (20 min.)</b>
<b>Transition Time/ Lunch</b>	Clean up, wash hands, include a <b>physically active</b> transition such as dancing and then freezing as the music starts and stops to gather children for lunch <b>(5 min.)</b>
<b>Nap</b>	Early risers engage in quiet activities
<b>Snack</b>	Bathroom break, wash hands, and snack
<b>Outdoor Play</b>	Again, initially encourage <b>moderate to vigorous physical activity (15 min.)</b> during the half-hour or more of free play Lead structured, adult-led <b>physical activity (15 min.)</b>
<b>Circle Time</b>	Closing information sharing, language activity and music activity include a song with large body <b>physical activities</b> that children can act out <b>(5 min.)</b>

Source:

Craft, D.H. (2018). Infusing Physical Activity throughout the Child Care Day. Unpublished manuscript





# Physical Activity Log

Teacher Name: \_\_\_\_\_ Age of Children: \_\_\_\_\_ Date: \_\_\_\_\_

Track the physical activity in your classroom for one day. Use additional copies if you need more rows to list your classroom activities for a full day. This log can help see the amount and type of physical activity children are experiencing in your care. When you have filled in the log, add up the time active.

Classroom Activity	Physical Activity Type (Adult-Led or Unstructured) And Activity Description	Physical Activity Level (Light, Moderate or Vigorous) and Location (Indoors or Outdoors)	# of children engaged in PA # of children in the class	Time Active
<i>Example: Literacy/Story Time</i>	<i>Adult-Led Read "In the Tall, Tall Grass" by Denise Fleming and moved with the story</i>	<i>Light, Outdoors</i>	<i>10 (of 12) participated</i>	<i>10 minutes</i>

Total Time in Adult Led Physical Activity: \_\_\_\_\_  
 Total Time Outside: \_\_\_\_\_  
 Total Time in Unstructured Physical Activity: \_\_\_\_\_

**Key**

**Classroom Activity:** In this column list all the classroom activities on the schedule. Include all classroom transitions.

**Physical Activity Type:**  
**Adult-Led:** Structured physical activities with an adult leading and engaging children in a game, activity or skill-practice  
**Unstructured:** Free play with children shaping the activities. Adults provide the time and materials to be physically active.

**Activity Description:** for Adult-Led activities, describe the activity.

**Physical Activity Level:**  
**Light:** involves moving at a pace that does not place much demand on the body, such as walking, standing. Does not lead to sweating, labored breathing, or a substantial increase in heart rate  
**Moderate:** Activity that raises a person's heart rate, but still allows one to talk easily, such as a brisk walk.  
**Vigorous:** Activity where a person breathes faster and deeper than normal and interferes with the person's ability to talk – leaves you 'breathless'.

**# of children participating:** Children may come and go to an activity. List your best estimate of how many children participated. This will allow you to see generally how many of your children are being active.

**Time:** List how long the activity lasted.