

# PHYSICAL ACTIVITY BENCHMARK MENU

Must complete at least 50 points per selected menu(s) to qualify for recognition (check all that apply).



CHILD INVESTMENT BENCHMARKS	15 PTS	10 PTS	5 PTS
<input type="checkbox"/> Provide supervised periods of tummy time for all infants including those with special needs several times a day.			X
<input type="checkbox"/> Provide opportunities for toddlers to participate in at least 60 - 90 minutes of daily structured and unstructured physical activity (this can be done in small doses of 10 minutes throughout the day)			X
<input type="checkbox"/> Encourage preschoolers to participate in at least 120 minutes of daily structured and unstructured physical activity (this can be done in small doses of 10 minutes throughout the day)			X
<input type="checkbox"/> Assure that toddlers and preschoolers are not sitting for more than 15 to 20 minutes at a time, excluding nap and meal times			X
<input type="checkbox"/> Never withhold physical activity from children who misbehave			X
FAMILY AND STAFF INVESTMENT BENCHMARKS			
<input type="checkbox"/> Promote physical activity by regularly including age appropriate physical activity in lesson plans for all age groups, including infants		X	
<input type="checkbox"/> Promote the National Head Start Association "Go Smart" app to parents and families: <a href="https://gosmart.nhsa.org">https://gosmart.nhsa.org</a>		X	
<input type="checkbox"/> Offer developmentally appropriate play equipment to promote physical activity for infants		X	
<input type="checkbox"/> Create your own <i>StoryWalk</i> . Visit <a href="http://www.letsigo.org">http://www.letsigo.org</a> for more information		X	
<input type="checkbox"/> Provide parents of infants, toddlers and preschoolers with information on the benefits of physical activity (e.g., newsletters, information sheets, special programs) information provided at least two times a year		X	
PROGRAM ENVIRONMENT AND POLICY INVESTMENT BENCHMARKS			
<input type="checkbox"/> Host an event at your site for National Physical Fitness and Sports Month. Encourage physical activity for the children and families you serve. Visit <a href="http://www.hhs.gov">www.hhs.gov</a> (proof of event registration or attendance required).	X		
<input type="checkbox"/> Develop a written policy supporting and promoting physical activity for infants, toddlers and preschoolers	X		
<input type="checkbox"/> Provide an environment for infants, toddlers, and preschoolers that encourages physical activity:	X		
<input type="checkbox"/> Provide portable play equipment that stimulates gross motor skills (such as wheeled toys, balls, and tumbling mats) and is available at all times for all children to use			
<input type="checkbox"/> Provide outdoor play spaces that include running spaces and a track/ path for wheeled toys			
<input type="checkbox"/> Provide an indoor play area that is available for all activities including running			
<input type="checkbox"/> Provide fixed play equipment (swings, slides, climbing equipment, or overhead ladder) that is extensive and varied			