Sample Physical Activity Policies for CACFP

- Children have at least 120 minutes of active playtime each day
- Children participate in outdoor active play daily when temperature is above…
- Children participate in structured physical activities (teacher-led) two or more times a day
- Physical activity is neither denied nor required as a form of punishment.
- Screen time is only available to children age 2 and up and is limited to 2 hours per week.
- Inactive time (this does not include nap time or eating) when children are seated for more than 30 minutes at a time is limited to one time a week or less.
- Children with special needs are provided opportunities for active play while other children are physically active.