



# Kids CAN PLAY!

Encouraging children to be active at home, at school, and in their communities

## Active pursuits during the after school time period

Since 2005, the CANPLAY study (*Canadian Physical activity Levels Among Youth* study) of the Canadian Fitness and Lifestyle Research Institute has been used to measure the physical activity levels of children and youth using pedometers to measure daily steps. In addition to the step data collected within the study, parents were asked about their child's active pursuits during the period that school ends and dinner. Many children and youth participate in unorganized physical activities and sports (73%) or outdoor play (67%) during this time period. Roughly half of children and youth do chores (53%) or organized physical activities and sports (47%) during this time period.

### Region

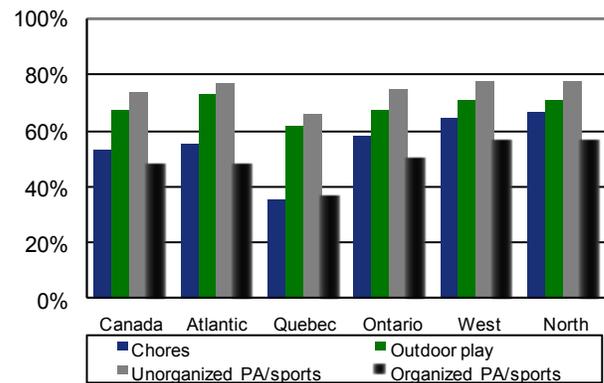
Compared to the national average:

- relatively more parents of children living in Ontario, the West, and the North say that their children do chores during the time that school ends and dinner, whereas fewer parents in Quebec state this.
- a greater proportion of children and youth residing in the Atlantic indicate that their children play outdoors after school, whereas a lower proportion living in Quebec do this.
- a greater proportion of children and youth living in the Atlantic and West participate in unorganized physical activities and sports after school, whereas a lower proportion in Quebec indicate this.
- relatively more parents living in the West and the North report that their children participate in

organized physical activities and sports after school, whereas fewer parents in Quebec say this.

FIGURE 1

Select active pursuits during the after school time period by region



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### Child characteristics

Relatively more boys participate in unorganized physical activities and sports and outdoor play during the after school time period compared to girls. There are no significant overall gender differences related to chores and participation in organized physical activities and sports during the after school time period.

A greater proportion of children between the ages of 11 to 14 do chores during the after school time period compared to their younger counterparts (5 to 10 year

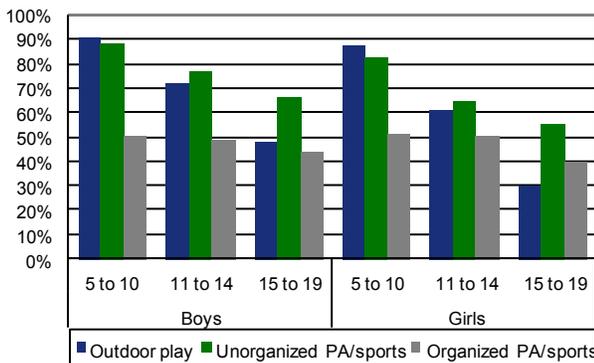


olds). This pattern appears among both boys and girls. There is a substantial decrease in the proportion of children who play outdoors or participate in unorganized physical activities and sports after school with increasing age. This pattern appears among both boys and girls. Among those 11 and older, boys are more likely than girls to play outdoors during the after school time period. More boys than girls reportedly participate in unorganized physical activities and sports at all age groups.

A greater proportion of parents of 5 to 14 year olds say that their children participate in organized physical activities and sports after school compared to parents of older youth (aged 15 to 19). In terms of age and gender differences, a greater proportion of young boys (5 to 10 years) participate in organized physical activities and sports compared to older teens (15 to 19 years). Similarly among girls, the oldest teens (15 to 19 years) are less likely than younger girls (5 to 14) to report this.

**FIGURE 2**

Select active pursuits during the after school time period by age and gender of child



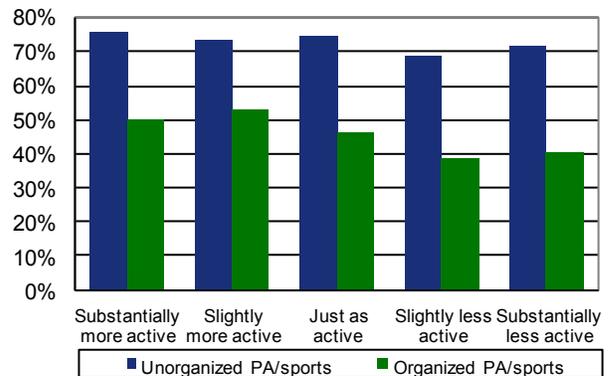
CANPLAY 2011-2012, CFLRI

**Parent characteristics**

Parents who are substantially more active than their peers are more likely to indicate that their children participate in unorganized physical activities and sports during the after school time period compared to those who are slightly less active. Parents who are slightly more active than their peers are more likely than parents who are *just as* or *less active* than their peers to say that their children participate in organized physical activities and sports.

**FIGURE 3**

Select active pursuits during the after school time period by parent’s activity level



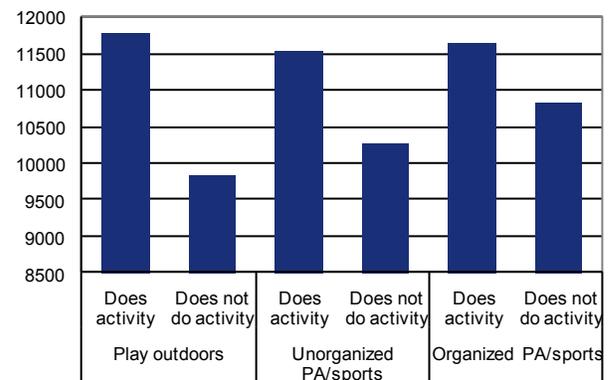
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**Daily steps taken by participation in active pursuits after school**

Although there are no significant differences in the overall average steps taken daily between those who do chores after school and those who do not, those who play outdoors, or who participate in unorganized or organized physical activities and sports take more daily steps on average than those who do not.

**FIGURE 4**

Average steps taken for select active pursuits during the after school time period



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There are no significant differences by region, child’s characteristics, parent’s characteristics, or household characteristics in the average steps taken daily by children who do chores during the after school time period or those who do not. Those who play outdoors after school take more daily steps on average, regardless of region (except the North, where there are no significant difference), child’s characteristics, and parent’s characteristics in general. Those who participate in unorganized physical activities and sports after school take more daily steps on average compared those who do not, regardless of gender, participation in organized physical activities and sports more generally, and region (except that there are no differences within Ontario). In addition, children who participate in unorganized sports and activities and whose parents hold a post-secondary education or are from the highest income households take more steps

than those who do not participate in these types of activities. Compared to those who do *not* participate in organized physical activities and sports after school, those who do participate in this type of activity take more daily steps if they are:

- females in general (and more specifically are 11 to 14 year old)
- a child whose parents are slightly more active than their peers
- a child whose parents have a university education
- are from the highest income households
- living in the Atlantic or West.

Patterns differ slightly between those participate in certain active pursuits and those who do not, as summarized in Table 1.

**TABLE 1**

Socio-demographic and -economic differences in daily steps taken by those participating in active pursuits after school and those who do not

Type of activity	Participated in activity	Did not participate in activity
Play outdoors	<ul style="list-style-type: none"> <li>● boys take more steps than girls</li> <li>● those from the highest income households take more steps than those from households with incomes between \$20,000 and \$39,999</li> </ul>	<ul style="list-style-type: none"> <li>● no differences by gender</li> <li>● no differences by household income</li> </ul>
Unorganized physical activities and sports	<ul style="list-style-type: none"> <li>● boys take more steps than girls</li> <li>● children with university educated parents take more steps than those with a college education</li> <li>● no relationship with parent’s activity</li> <li>● no differences related to household income</li> </ul>	<ul style="list-style-type: none"> <li>● no differences by gender</li> <li>● no differences by parents education</li> <li>● children whose parents consider themselves slightly more active take more steps than those who consider themselves slightly less active than their peers</li> <li>● differences with respect to household income exist</li> </ul>
Organized physical activities and sports	<ul style="list-style-type: none"> <li>● children with university educated parents take more steps than those with a college education</li> <li>● those from the highest income households take more steps compared to those living in households with incomes between \$40,000 and \$79,999</li> </ul>	<ul style="list-style-type: none"> <li>● no differences by parents education</li> <li>● no differences related to household income</li> </ul>

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