



# Kids CAN PLAY!

ENCOURAGING CHILDREN TO BE ACTIVE AT HOME, AT SCHOOL, AND IN THEIR COMMUNITIES

## Sedentary pursuits after school

The Canadian Fitness and Lifestyle Research Institute explores physical activity levels of children and youth within a study called CANPLAY (the Canadian Physical Activity Levels Among Youth Study), which uses pedometers to measure daily steps. CANPLAY also examines other factors associated with physical activity levels of children and youth, including time spent in certain types of activities during the period that school ends and dinner.

Of Canadian children (between the ages of 5 to 19), the 2014-2015 CANPLAY data indicates that during the time that school ends and dinner, 76% of children and youth do things like watching television, reading, playing video or computer games and 71% do homework (based on a subsample of the CANPLAY Study).

### Canada and regions

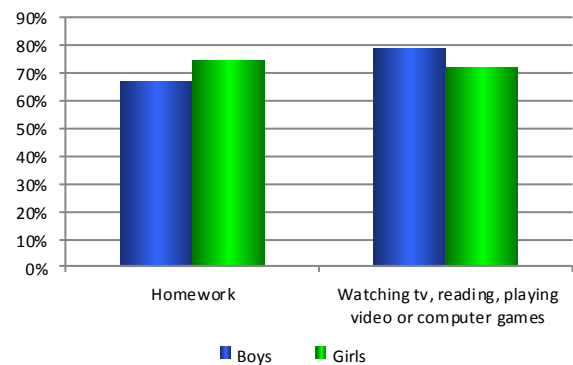
There are no regional differences related to the proportion of children who do homework or who do other non-active activities such as watching television, reading, or playing video or computer games.

### Child Characteristics

Boys and girls are equally as likely to do homework or watch television, reading, or playing video or computer games during the after school time period. Children 11 years and older are more likely to do homework compared to 5 to 10 year olds, however, this is only significant among girls. Among boys, there are no significant age-related differences.

FIGURE 1

Sedentary pursuits after school by gender



CANPLAY study, 2014-2015, CFLRI

### Parent and household characteristics

There are no differences related to parental or household characteristics among children who do homework or watch television, read, or play video or computer games during the after school time period.

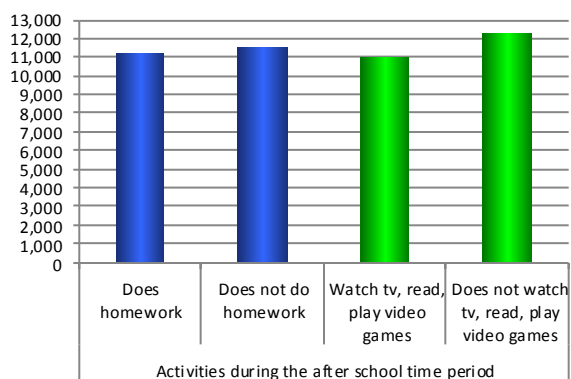
### Participation in active pursuits by steps taken daily

Generally speaking, there are no significant step differences between those who do homework or who watch television, read, or play video or computer games during the after school time period and those who do not. In addition, this lack of a difference in steps is consistent regardless of the child, parental, and household characteristics.



FIGURE 2

Sedentary pursuits after school by steps taken



CANPLAY study, 2014-2015, CFLRI

Among those who do homework after school, there is no significant step difference by children's age. This is, however, not the case among those who do not do homework, whereby younger children (5 to 10 years) take significantly more steps than those 11 years and older. Among those who watch television, read, or play video or computer games after school, there is no significant step difference by children's gender. Among those who do not do these types of activities, boys take more steps than girls. Also among those who watch television, read, or play video or computer games after school, those who participate in organized sport and physical activity in general take more steps than those who do not, yet this is not significant among those who do not watch television, read, or play video or computer games.

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