

Outdoor Play Structures and Physical Activity Level in Children

What is the contribution of outdoor play structures to the physical activity level of children aged 8-10 during recess?

Evidence suggests that recess time is an opportunity for school kids to be physically active. However, the importance of outdoor play structures to meet the physical activity guidelines (60 minutes per day of moderate to vigorous intensity activities) is unclear.



No access to play structures



Morning
n=37

VS

Access to play structures



Afternoon
n=37



37 children (8-10 years) wore a Fitbit to measure heart rate during 20 minutes of recess (Monday to Friday)

Children achieved a median of 16 and 14 minutes of moderate to vigorous physical activity per week during recess when having access or not to play structures, respectively.

Findings showed that accessibility to outdoor play structures does not increase moderate to vigorous physical activity during school recess for children aged 8 to 10.