

SEDENTARY TIME SAMPLE

CHILD: *Nikita*

DATE: *8th January*

TIME: *9:30am – 11:am*

SEDENTARY:

Includes sitting down on the floor, sitting on a chair, lying down, standing still, or fairly still at a table or workstation, kneeling down. Involving very little physical activity.

ACTIVE:

Includes movement play, running, climbing, jumping, chasing, crawling, standing at a table or workstation if moving around. Involving physical activity and movement.

TIME	9:30	9:40	9:50	10:00	10:10	10:20	10:30	10:40	10:50
SEDENTARY (S) or ACTIVE (A)	S	S	S	A	A	S	S	A	S

NOTES

Nikita went into the construction area and found the miniature red sports car, then he lay on his right hand side on the edge of the car-mat and moved the car along the road. He stayed at the car mat for a while, watching Harry and Moses who were building with blocks. Later he stood up and joined Harry and Moses and helped them gather more blocks – this was the most active he had been all morning. He then went over to the rolling snack bar and sat eating snack for a while. After snack he chased Noah outside, running for about 5 minutes before he was called in to sit for a story.

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