

Full source reference:

Virgara, R., Lewis, L., Phillips, A., Richardson, M., & Maher, C. (2020). A scoping review of physical activity and screen time guidelines for use in Outside School Hours Care. *BMC pediatrics*, 20(1), 1-11.

Free access link:

<https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-020-02352-x>

Article Overview:

- This scoping review aimed to identify guidelines used in outside school hours care for physical activity and screen time.
- Nine guidelines documents for children aged 5 to 12 years were identified.

Key take home messages:

1. There was considerable variability across the physical activity recommendations. Overall, **30-60 min of moderate to vigorous physical activity were recommended**. The lack of consistency with physical activity recommendations (in particular regarding time and intensity of activity), makes implementation difficult.
2. Screen time recommendations were more consistent. Seven guidelines included screen recommendations, with four stating that **no more of 60 minutes of recreational screen time should be allowed**.
3. Overall, limited published guidelines for physical activity and screen time in outside school hour's care exist.
4. There are consistent limitations of guidelines. These are:
 - Inconsistency in recommended duration of physical activity and screen time
 - Inconsistency in recommended intensity of physical activity
 - Some guidelines did not specify the age range
5. Future efforts should consider physical activity and screen time both during the before school and after school care periods and may benefit from following rigorous guideline development processes