



Supplementary File 1: Australian physical activity and screen time guidelines for OSHC (16)

Session	 Physical Activity	 Screen Time*
Before School Care	Schedule 45 minutes of time for children to engage in a variety of physical activities including energetic play. More is better.	Discourage children from engaging with screens, with total screen time no more than 30 minutes. Less is better.
After School Care	Schedule 90 minutes (1.5 hours) for children to engage in a variety of physical activity, including energetic play . More is better.	Discourage children from engaging with screens, with total screen time no more than 60 minutes. Less is better.
Vacation Care	Throughout the day schedule at least 2-3 hours of time for children to engage in a variety of physical activity, including energetic play . More is better.	Discourage children from engaging with screens. No more than 2 hours over the entire day. Less is better.

*does not include computer use for homework