

# Physical Activity for Young Children

Dear Parents,

Hello! Here's a fun question for you: how much physical activity do young children aged 2 to 6 need every day?

The Department of Health recommends that young children aged 2 to 6 should accumulate at least 180 minutes of physical activity of various types and intensity levels on a daily basis. As young children grow, it is necessary to engage them more in physical activity of higher intensity levels so as to promote cardiorespiratory fitness and bone growth. Therefore, for young children aged 3 to 6, the 180 minutes of physical activity should include at least 60 minutes of moderate- to vigorous-intensity physical activities.



Physical activity can further be classified by the level of intensity: light, moderate and vigorous. Below are some examples of physical activity:

## Intensity

## Physiological signs

## Common examples

### Light

Normal heart rate and breathing rate; able to talk normally

Putting on clothes, packing school bag and doing household chores

### Moderate

Slight increase in heart rate and breathing rate; able to talk in short sentences or single words

Brisk walking, playing slides and swinging

### Vigorous

Significant increase in heart rate and breathing rate; unable to talk normally

Running, swimming and rope skipping

Parents can also engage young children more in parent-child physical games while at home, which not only allow you to stretch your body, but also develop a better bond with your children. The "StartSmart@school.hk" Campaign has newly produced 8 videos on parent-child physical games for your reference. All videos have been uploaded to the website of the "StartSmart@school.hk" Campaign under the video sharing webpage. Feel free to watch the videos anytime.

Best regards,  
Sporty Bunny



"StartSmart@school.hk"  
Campaign website



A Letter to Parents



Parent-child Physical  
Games



Play and Dance



StartSmart Parent Guide



# Matching Game

  
Light  
intensity

  
Moderate  
intensity

  
Vigorous  
intensity



Dear children, can you classify the  
level of intensity of physical exercise?  
Let's draw lines to match them!

Answers:

