

(Aged 2-6)



Active children







happy • school ready

Builds relationships and social skills

Maintains health and weight

Encourages movement and co-ordination

Improves sleep

Develops muscles and bones

Contributes to brain development and learning

Sit less. Move more. Play together



Exercise

Physical activity



Swing

Skip

Dance

Climb

Play with toys



Jump ()

Play with sand



Walk on stairs







Ball games







Swim

Bike



Gymnastics



Walk



Restrict screen time to within 1 hour each day





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