



# Physical activity for children

(Aged 2-6)



Active children healthy • happy • school ready



Builds relationships and social skills

Maintains health and weight

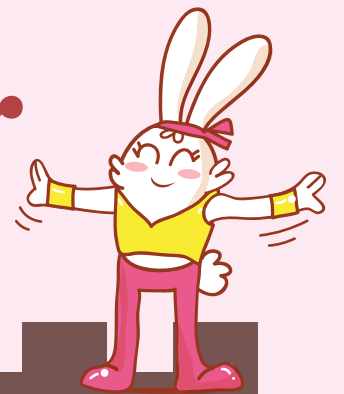
Encourages movement and co-ordination

Improves sleep

Develops muscles and bones

Contributes to brain development and learning

## Sit less. Move more. Play together



Restrict screen time to within 1 hour each day

