

180 Minutes

What do we know?

Children of pre school age who are capable of walking should be active daily for at least 180 minutes (3 hours); this should be spread throughout the day.

Children under 5 need play time to master their physical environment and develop fundamental movement skills.

Physical activity impacts on the development of a child's brain.

Physical activity should be encouraged from birth through floor-based play and water based activities in safe environments.

From birth onwards physical activity is crucial to optimal growth and development.

Regular opportunities for "Tummy Time" (prone position) are important for infants less than 6 months of age.

Physical activity has positive effects on a child's physical health (weight and blood pressure), mental health (well being), it promotes bone health and motor skills, social, cognitive and emotional development.

Establishing physical activity as part of their daily routine from birth will give a child the best start.

Suzy Startwell says...

Make physical activity part of the daily routine at home and in early years settings.

Enjoy being physically active, have fun and encourage children to join in.

Children with active parents and cares are more likely to be active.

