

0 - 5  
YEARS

# PHYSICAL ACTIVITY FOR CHILDREN

## Plenty of moving helps children



Develop



Learn

keeping them:



Happy



Confident



Healthy

## Each day children need at least

0 - 1 YEAR

Floor based play



non-crawlers

30 mins  
tummy  
time

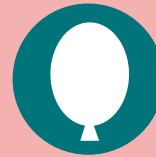
1 - 5 YEARS

Active play



3 HOURS  
across  
each day

## Get more active play into each day



Bubbles, balloon or ball games



Push and pull games with wheeled toys



Stacking games



Build cubbies indoors or outdoors



Dig in the sandpit or garden



Dance and move to music

healthy  
Tasmania  
A Tasmanian Government  
and Community Partnership