

Physical Activity for Kids



Recommendation

Children ages 3-5 should get:

- **2 hours** of moderate to vigorous physical activity per day (like dancing, tag, or ball games)
- **1-1.5 hours should be spent outside**
- Use age appropriate toys like **tricycles, yoga mats, balls, hopscotch, and basketball hoops**

Kids will want to be active if they see that their parents are too! Be good role models for your kids!

What to Limit!

Screen time: Allow only **1-2 hours** per day.

This includes TV, computers, video games, and smart phones! Children should not sit still for longer than **1 hour at a time.**



Benefits of Physical Activity

- Supports strong and healthy heart and lungs
- More flexibility
- Stronger bones
- Healthier weight
- Lower risk of heart disease and diabetes later in life
- Kids will tend to perform better in school

Structured vs. Unstructured Play - Kids Need Both!

Structured Play is when children play while following a leader to support development. The leader can be either a parent or older sibling.

Unstructured Play is when children play freely without direction.

FUN THINGS TO TRY!

Having trouble getting your preschooler up and moving? Here are some things to try!

- **Handstands**- Great for core strength
- **Jumping rope**
- **Setting up an obstacle course**- Can be inside or outside
- **Doing "animal" races**- Crab walk, hop like a bunny or frog, waddle like a duck, etc.
- **Wheelbarrow races**- Great workout for parents too
- **Playing with balloons**- See who can keep them off the ground the longest
- **Dance party or freeze dance**- Music will really get them moving
- **Scavenger hunt**- Can be as simple or complex as you want
- **Jumping jacks**- This will really get their heart rate up
- **Wrestling**- In a safe environment



Recommendations from Nemours "Best Practices for Physical Activity"