

Document name:
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World Health Organization Physical Activity Guidelines
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<https://www.who.int/health-topics/physical-activity>

OpenLearn course:
OpenLearn url:

Supporting physical development in early childhood
<https://www.open.edu/openlearn/health-sports-psychology/supporting-physical-development-early-childhood/content-section-0>




For better health,
infants under 1
year should
have each day:




For better health,
children 1-2 years
of age should
have each day:



no more than **60** minutes
(2 years of age)




For better health,
children 3-4 years
of age should
have each day:



of which
at least **60** minutes
moderate to vigorous

