

## Physical activity



**Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.**



**For infants not yet mobile, this includes at least 30 minutes of tummy time during waking hours.**

**Babies should not sleep on their tummies.**



**Children up to 5 years old should spend at least 180 minutes (3 hours) per day in a variety of physical activities, including active and outdoor play.**



**Other movements include reaching and grasping, pushing and pulling themselves independently, or rolling over.**



Scan the QR code for further information and ideas

