



# RECOMMENDATIONS FOR PHYSICAL ACTIVITY

## CHILDREN 1–4 YEARS OLD

Children 1–4 years old are physically active in spontaneous ways, and this activity bolsters their motor development. They use their bodies and movements to explore their immediate environment and to establish social contact with other people. They learn about their own bodies through physical activity. Giving children opportunities to be as physically active as possible in daily life is therefore crucial.

### RECOMMENDATIONS

✓ **Ensure that children are physically active in various ways during the day**

Children improve their motor skills by trying out new and varying movements. Being able to master their bodies is satisfying for children, and this improves their prerequisites for engaging in active play with other children.

✓ **Ensure that children can move freely as much as possible**

Avoid placing children in highchairs or strollers any longer than necessary. Children achieve better motor development when they can move freely.

✓ **Limit the amount of screen time**

Screen time can adversely affect children's well-being. Although children may need or want sedentary activity on occasions it is important that they move as much as possible during the day.

### HOW?

Physical activity includes all types of movement focused on social interaction and play. Keep safety in mind while children are active.

Examples of physical activity for children 1–4 years old include the following:

- crawling, hopping, jumping, swinging, dancing, climbing and running;
- playing indoors, such as moving to music and tumbling;
- playing outdoors, such as at playgrounds, in nature or in gardens;
- gymnastics and music and movement classes;
- walking, scooting and cycling with a balance cycle or cycle with pedals;
- swimming; and
- ball games.

Find more examples and read more about physical activity at [www.sst.dk](http://www.sst.dk)

