

# Let's make playtime fun and safe at the playground!

## Physical activity recommendations for children 0-6 years old:



### 0-1 year old

Accumulate at least **30 minutes** of floor-based activities (e.g. lying on the tummy while playing with toys) daily.



### 1-2 years old

Engage in a variety of physical activities of any intensity for at least **180 minutes**, spread throughout the day.



### 3-6 years old

Engage in a variety of physical activities for at least **180 minutes** spread throughout the day, with **1 hour** of it on moderate to vigorous-intensity activity.

Outdoor playgrounds allow your child to engage in social play (unstructured and structured). Here are some physical activity examples:



Hide and Seek/  
Catching



Dribbling a ball with hand or foot



Maintaining your balance on a balance beam

[Click here for more tips on physical activity.](#)

Before you let your child play to their heart's content, here are some safety tips to note:

✓ Teach your child safe play. ✓ Play with age-appropriate equipment.

✗ Avoid:

- Letting your child play during rainy weather. They might slip and fall.
- Clothes that have cords/drawstrings as they may get caught on equipment.
- Unsafe equipment



No handrails and barriers



Broken and poorly maintained



Wet equipment that are slippery

- Avoid going down slides, with your child in your lap, to avoid accidental crushing of your child with your body weight.

Do's and Don'ts



Supervise your child at all times.



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