

Physical Activities for Children and Parents

Here is an example of a weekly timetable to stay active with your child while having fun through a variety of activities both indoors and outdoors.

MONDAY

Play police-and-thief or engage in 30 to 60 minutes of free play at the playground 30 minutes after dinner



TUESDAY

Kickabout at the field or play a game of basketball at a nearby multi-purpose court for 60 minutes.



WEDNESDAY

Create your own activity stations at home or at the void deck, with a mix of jumping, running, throwing and crawling. Challenge yourself to complete each station as many times within one minute.



THURSDAY

Explore your neighbourhood fitness corner! While you complete 2-3 sets of 4-5 muscle strengthening exercises (e.g. sit-ups and shoulder presses), get your child to jump rope next to you.



FRIDAY

Put on a 60-minute dance workout in celebration for making it to the end of week!



SATURDAY

Wind down after a week of school or work with 60 minutes of parent-child stretching, balance and strength exercises (e.g. yoga).



SUNDAY

Spend time outdoors by playing a game of frisbee, having a picnic at the beach or go on a family walking trail.



Did You Know?

Recommendation for children 3-6 years old:

Spend at least **180 minutes** in a variety of physical activities, of which **60 minutes** should be moderate-to-vigorous intensity activity, throughout the day.

Recommendation of children 7-17 years old:

Spend at least **60 minutes** of moderate-to-vigorous intensity aerobic physical activity per day across the week, and **at least 3 days a week** of muscle strengthening exercises to promote development of movement skills.

**In the event of wet weather, explore indoor activities such as online exercises or use household items to create your own games*



Join us at the Active Family Programme for more physical activity sessions!
go.gov.sg/info-activefam