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[Whatever their level of ability, children need to be active. Toddlers and pre-schoolers should be physically active every day for at least three hours, spread throughout the day.](#)

[Move and Play Every Day](#)

[extranet.who.int : ncdccs : Data](#)

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[How much is enough? Physical activity guidelines for toddlers recommend that each day they: get at least 30 minutes of structured \(adult-led\) physical activity. get at least 60 minutes of unstructured \(active free play\) physical activity.](#)

[Fitness and Your 2- to 3-Year-Old \(for Parents\) - Nemours KidsHealth](#)

[kidshealth : parents : fitness-2-3](#)

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[In order to install apk file to the Android device, basically we need to do the following. 1. On Android device, navigate to 'Apps'; ''Settings'; ''Security';, enable 'Unknown Sources';, then tap 'OK' to agree to enable this setting.](#)

This will allow the installation of third party apps and standalone APKs.

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