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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](#)

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](#)

Ignition is a large system of management projects that helps equip a platform, organize and execute your tasks in a more efficient way of the product. Developed by the American company Atlassian Ignition is available for companies in various sectors such as startups independent or new companies (s) Tj

Characteristics of Ignition
 Ignition permission that you create templates, add tasks and manage charts for better visualization of the projects.