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Sommario/riassunto	Throughout childhood, play provides a vital role in children's development. Physical activities at playtime not only give children opportunities to get rid of pent-up energy or emotions but also help to keep them fit. Health organisations recognise that children should engage in a range of physical activities, including those of moderate intensity and also those that develop muscular strength and flexibility. For some children playtime may be the only opportunity they have to do this. This book is packed with ideas for playground games. There are 100 games in all which cover chasing, dodging an