

ACTIVITY PLAN 13 – CRUISING CIRCUIT

Aim

To develop movement skill balance and stability in standing as a precursor to walking

Age

10–14 months

Equipment

Low furniture e.g. a table, soft foam shapes, a stable chair or couch

Area required

Indoor or outdoor space of suitable size

Time

10 minutes

How?

Position toddlers to stand at the furniture. Use a variety of toys to encourage them to walk:

- sideways along the edge of the furniture in both directions
- inside a corner
- around the outside of a corner, and
- between two pieces of furniture.



Key points

- Initially babies may just lean with their arms and upper body to reach the toy and not move their feet. They should quickly learn that this limits how far they can reach and will start to move their feet.
- Guide them at the pelvis by lifting one leg out to the side so that babies take a step. Guide their weight onto this leg and they will bring the other leg in.