

ACTIVITY PLAN 7 – MOVING FROM FLOOR TO SIT

Aim

To develop movement skills – from floor to sit position

Age

7–9 months

Equipment

Floor space and toys

Area required

Indoor or outdoor space of suitable size

Time

5–10 minutes

How?

Place babies sitting on the floor. Position toys in front and to the side of babies slightly out of reach. Babies will move onto their tummies to reach the toy. When babies are on their tummies hold toys up higher so that babies have to sit up to reach them.

Key points

- Use small, graspable toys so that babies can easily pick them up. A variety of interesting toys will help maintain babies' interest.