

ACTIVITY PLAN 9 – SITTING TO CRAWL POSITION

Aim

To develop movement skills

Age

9–10 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 so that babies have to move into a crawl position to reach them. Babies will practise rocking to and fro in the crawl position, developing skills in shifting their weight and balancing before they start to crawl.



Key points

- When babies can move into a crawl position, provide them with large toys to play with so they can practise taking weight through one arm and reaching with the other. This is also a precursor to crawling.
- Once babies can crawl, their newly found mobility will allow them to access previously unexplored areas of their environment. Care needs to be taken to ensure that this environment is safe.