

Activity plan

Tummy time

Age range: Newborn to 8 months



Aim:

- Improve infant ability to lift their head/chest off the floor and take weight through their arms.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with different colours, textures and sizes.

Time:

- 5–10 minutes but can increase with age and ability.

How?

- Sit on the floor to engage with the infant positioned on their tummy (away from mobile children to keep them safe).
- In a group, let the infants face each other, with toys placed in the centre.
- Place a mirror in front of the infant to encourage them to lift their head and look at themselves.



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Learning outcome 3:

Children become strong in their physical learning and wellbeing.

Key learning points



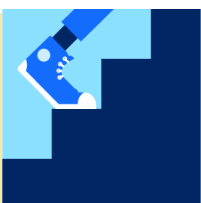
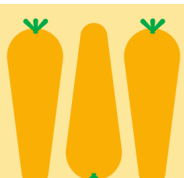
Talking in a calm voice while playing can help develop infants' speech and language.



Toys that move or play music will stimulate infants to lift their head to look.



Plan for safe, supervised short periods of tummy time each day.



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Activity plan

Playing on their back

Age range: Newborn to 5 months



Aim:

- Practice reaching for toys, grasping and kicking.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with (different colours, textures and sizes).

Time:

- 5–10 minutes but can increase with age and ability.

How?

- Position infant on their back on the floor (away from mobile children to keep them safe).
- Provide small toys for the infant to play with.
- Hang toys on a frame for infants to reach or kick.

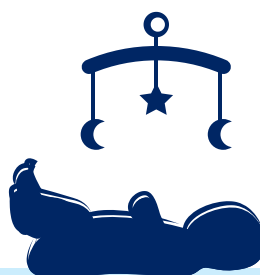


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Learning outcome 3:
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Key learning points



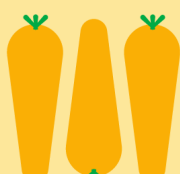
Lying on alternate sides is good for infants to learn to reach for a toy.



Larger toys that make noise can be used to encourage infants to kick.



Plan for safe, supervised short periods of playing on their back each day.



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Activity plan

Rolling, pivoting and creeping

Age range: 4 to 7 months



Aim:

- Develop muscle strength and ability to explore surroundings.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with different colours, textures and sizes.

Time:

- 5–10 minutes.

How?

- **Rolling:** Place infant on their back and show them the toy you are holding. Once the infant has their eye on the toy, place it to the side of their body. This will encourage the infant to reach over. As the infant reaches over, you can support the child to complete the roll to their tummy by guiding the infant at the pelvis.
- **Pivoting:** Place a toy in front, but to the side of infant and attract their attention to it. This will initiate for the infant to attempt turning towards it.
- **Creeping:** Position infant on their tummy on the floor (away from mobile children to keep them safe). Place toys a short distance away from the infant for them to move towards.



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Learning outcome 3:

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Key learning points

Infants usually roll from tummy to back before back to tummy.

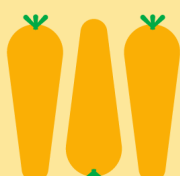


Not all infants will learn to creep on their tummy.



Crawling is a key component of development.

Slowly initiate the action and wait for infants to complete the movement.



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Activity plan

Supported and independent sitting

Age range: 5 to 8 months



Aim:

- Develop core and neck strength and progress sitting balance.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with (different colours, textures and sizes).

Time:

- 10 minutes.

How?

- **Supported:** To support an infant in the sitting position, an educator can sit behind the infant for support or use a range of pillows. Provide infants with toys that can be used during a sitting position such as stacking blocks.
- **Independent:** Place pillows behind infant, but not touching them. The infant will be able to practice balancing on their own and not using the pillows for support.



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Learning outcome 3:

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Key learning points



Supervise infants at all times as they develop their strength for independent sitting.

To help infants develop their sitting balance, avoid leaning them on the pillows.



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Activity plan

Sitting and reaching for toys

Age range: 8 months



Aim:

- Develop core and neck strength and challenge sitting balance whilst coordinating movements for play.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with different colours, textures and sizes.

Time:

- 5–10 minutes.

How?

- Place infant in a sitting position on the floor. Position toys in front and to the side of the infant, but within reach. Encourage them to reach for toys and pick them up.



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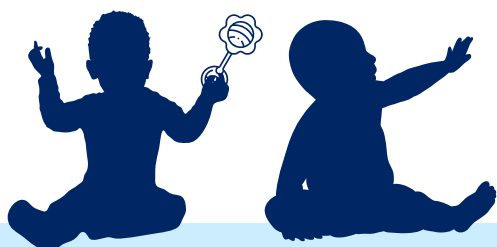
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Learning outcome 3:

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Key learning points



Position pillow/s behind infants (but not touching) for safety in case they topple over.



Use small, graspable toys so infants can easily pick them up.



A variety of interesting toys will help maintain infants interest.



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Activity plan

Crawling

Age range: 9 to 12 months



Aim:

- Develop gross motor movements and crossing the midline for development of bilateral movements.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with different colours, textures and sizes.

Time:

- 10 - 15 minutes.

How?

- Place infant sitting on the floor and position toys in front and to the side to encourage moving into a crawl position to reach them.
- Infant will practise rocking to and fro in the crawl position, developing skills in shifting their weight and balancing before they start to crawl. You can encourage weight shift by providing a large toy to play with whilst in the crawl position.



Key learning points

Get down on infant's level and encourage them to chase you while crawling and vice versa.

Facilitate crawling on different surfaces such as grass, carpet, sand and ramp/stairs.

Set up an obstacle course – crawl under, over, through boxes, tunnels, chairs or over cushions.



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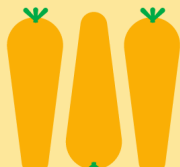
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Learning outcome 3:

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Activity plan

Moving from floor to sitting

Age range: 7 to 9 months



Aim:

- Develop muscle strength and ability to transfer from different positions to explore surroundings.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A variety of toys with different colours, textures and sizes.

Time:

- 5–10 minutes.

How?

- Place infant seated on the floor. Position toys in front and to the side, slightly out of reach. Infant will move onto their tummy to reach the toy.
- When infant is on their tummy, hold toys up higher so they attempt to sit in order to reach and engage with the toy.



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Learning outcome 3:

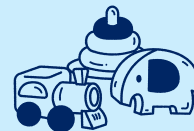
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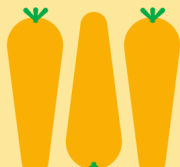
Key learning points



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A variety of interesting toys will help maintain infants interest.



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Activity plan

Crawling obstacle course

Age range: 9 to 12 months



Aim:

- Increase gross motor movement skills with challenging environment.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- A mix of cushions, low soft foam shapes, wedges and a tunnel.

Time:

- 10 minutes or more if the infant is interested in the play and capable of a longer time period.

How?

- Position equipment around an open floor space in a circuit format. Encourage infant to crawl over and through the obstacles.



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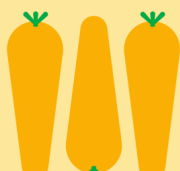


Key learning points

If there is a small drop in height on the equipment, infants can come down hands first.

If it's higher, assist the infant in turning around to come down backwards.

Infant may need to be encouraged to move through the circuit by following a toy or ball.



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Activity plan

Pulling to stand and standing to play

Age range: 10 to 14 months

Aim:

- Develop muscle strength and ability to stand.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- Low furniture e.g. a table, soft foam shapes, a stable chair or couch with safe surroundings.

Time:

- 10 minutes or more if the infant is interested in the play and capable.

How?

- **Pulling to stand:** Sit infant on the floor near the furniture, side on. Place a toy on the table and show it to the infant. The infant will turn to get the toy, pulling up to kneeling and then into standing position. To help infant sit back on the floor, offer a toy towards the floor so they bend their knees, reaching for the toy.
- **Standing to play:** Stand infant supported by low furniture with a variety of interesting toys to play with.



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Learning outcome 3:

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Key learning points

Ensure furniture is the right height so that infants pull up and can reach it from the sitting position.

Once infants are crawling they will be able to pull straight up to kneeling and then to stand.



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Activity plan

Cruising circuit

Age range: 10 to 14 months



Aim:

- Develop gross motor movement and challenge standing balance in preparation for walking.

Equipment:

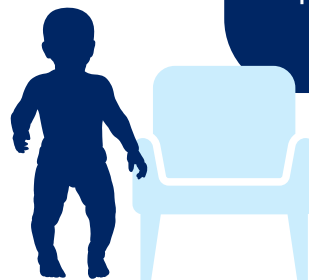
- Appropriate floor space/surface (rugs, carpet, grass).
- Low furniture e.g. a table, soft foam shapes, a stable chair or couch with safe surroundings.

Time:

- 10 minutes or more if the infant is interested in the play and capable of a longer time period.

How?

- Position infant 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.
 - around the outside of a corner.
 - between two pieces of furniture.



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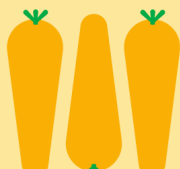
Learning outcome 3:

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Key learning points

Infant may lean with their upper body to reach the toy and not move their feet initially.

Guide the infant by lifting one leg out to the side to encourage to take a step.



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Activity plan

Walking

Age range: 12 to 24 months



Aim:

- Improve walking ability and dynamic balance whilst exploring surroundings.

Equipment:

- Appropriate floor space/surface (rugs, carpet, grass).
- Trolley, toys, obstacle course equipment and low furniture such as a couch or table.

Time:

- No limits.



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Other learning opportunities



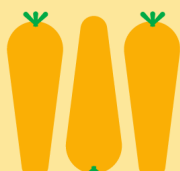
Encourage walking bare foot on different surfaces – grass, concrete, sand, pillows, soft blocks.



Children can use a trolley or toy pram with two hands and encourage them to walk to you.



Set up an obstacle course. Provide encouragement and assist children to walk over the obstacles.



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Activity plan

Fundamental movement skills foundations

Age range: 12 to 24 months



Aim:

- Improve gross motor skills, muscle strength and co-ordination.

Equipment:

- Appropriate floor space/flat surface.
- Bean bags, balloons, scarves, hoop, soccer ball and skittles.

How?

• Stability activities:

- Balance - Single leg, eyes open/closed.
- Stretching - Cat stretch, toe touch, sky reach, windmills, shoulder shrugs and twisting.

• Locomotor activities:

- Alter games to include one or more locomotor movements such as running, galloping, hopping, side sliding and jumping.

• Manipulative activities: (initial focus throw, catch, kick)

- Skittles, bean bag throw into a hoop, catching balloons or scarves, kicking ball at a target and tunnel ball.



Key learning points



Demonstrating the skill, joining in and having fun with the children encourages their participation.



Incorporate FMS into transition and group time as well as music and movement time.



Play games the children already know such as 'What's the time Mr Wolf?' or 'Duck, duck, goose' but they have to gallop or hop.



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