

## ACTIVITY PLAN 10 – CRAWLING OBSTACLE COURSE

### Aim

To develop crawling skills

### Age

9–12 months

### Equipment

Floor space with cushions, low soft foam shapes, wedges and a tunnel

### Area required

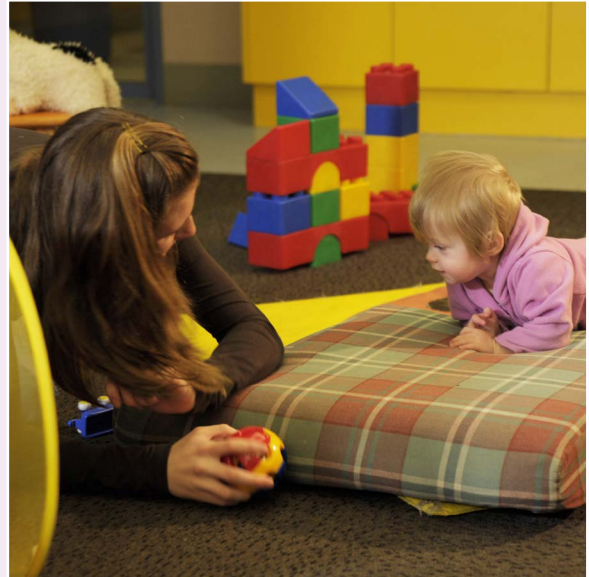
Indoor or outdoor space of suitable size

### Time

5–10 minutes

### How?

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



### Key points

- Ensure babies are supervised at all times.
- Babies may need to be encouraged to move through the circuit by following a toy or ball.
- When babies come to a drop in height on the equipment, if it is a low height, they can come down hands first. If it is higher, babies will need to be assisted to turn so that they can learn how to safely come down backwards on a step.