

ACTIVITY PLAN 4 – ROLLING AND PIVOTING ON TUMMY

Aim

To develop moving ability on the floor

Age

4–6 months

Equipment

Appropriate floor space and a variety of toys with different colours, textures and sizes

Area required

Indoor floor space

Time

5–10 minutes

How?

When babies are able to start to reach for a toy, you can encourage them to roll themselves by moving the toy to the side. As they reach for it, move the toy in front so the babies learn to complete the roll onto their tummy.

Pivoting on tummy – place a toy in front, but to the side of babies and attract their attention to it so that they will attempt to turn towards it.



Key points

- Babies will roll from back to tummy before tummy to back.
- Assist babies to roll by guiding the movement at the pelvis. Slowly perform the action and wait for babies to complete the movement.