

Movement Provision for under 2s

Nurturing a baby's need to move freely as they grow, encourages physical, social and emotional well-being, better communication skills and a healthy start to life. Below are some suggested experiences and resources that supports a baby's movement development in the baby room.

Type of Movement	Suggestions for activities	Suggestions for resources
Tummy / back play	<ul style="list-style-type: none"> Offer variety of floor coverings for children to explore. Provide a range of objects to encourage grabbing / reaching Give opportunities for children to be mobile whilst on their tummies. 	Textured materials, bubble wrap, corrugated cardboard, grass Heuristic play, natural resources, sensory objects, mobiles, crinkled paper Large activity balls, bolster cushions,
Crawling / creeping	<ul style="list-style-type: none"> Smooth surfaces and other various textured surfaces. Offer and encourage children to create crawling / creeping opportunities Support children in creating their own obstacle courses. Provide large, floor based creative activities 	Shiny materials, mirror, smooth floors, gym mats, wood chip, natural surfaces, grass Combat tunnels, cargo nets, tunnels, large boxes, dens, soft play equipment. Cones, hoops, balancing beams
Rolling	<ul style="list-style-type: none"> Slopes for children to explore Design and create tracks to roll through. 	Grass hills, soft play, slopes, large tubes, adult exercise balls,
Spinning	<ul style="list-style-type: none"> Safe spaces and resources to spontaneously spin. 	Giant spinning cones,
Running / skipping / hopping	<ul style="list-style-type: none"> Give time and space for these three movements to naturally take place through games, races and stories, free play 	Large field / park,
Jumping	<ul style="list-style-type: none"> Provide variety of jumping experiences and incorporate into stories and songs 	Trampolines, stepping-stones, tactile discs, crates, hoops, Action songs and stories
Climbing / hanging	<ul style="list-style-type: none"> Open ended resources are beneficial along with climbing walls and opportunities to hang from monkey bars 	Crates, tyres, planks, tubes, tunnels, climbing frames, soft play equipment, ladder/ stairs on large slides, steps in park and local environment
Pushing/ pulling / lifting	<ul style="list-style-type: none"> Access to a range of resources that support these movements 	Sweeping brushes, painting large paint brushes and rollers, large lycra and elastic materials, wheelbarrows, bikes, scooters, blocks, buckets in water / sand pits
Upright – shoulder rotation	<ul style="list-style-type: none"> Give access to throwing and large shoulder rotation activities 	Balls, nets, target mats, ribbons, ribbon sticks, scarves, flags