



STEP OVER PATH

Materials you need:

This is a fun but simple activity for babies first beginning to walk or those practising their cruising skills!

- A few small toys like blocks, beanbags, dolls – things that don't roll or slide away easily if stepped on.
- Open space to walk around freely.

Setup for play:

- Place a few of the toys on the floor in a path type formation with lots of space in between each one.
- Hold baby's hand as he walks around and when he reaches the first toy pause so he can lift his leg to step over the obstacle
- As you walk around together show him how to lift his knees to do a marching step – you will find the toddlers usually join in behind you!
- When they can step over all the obstacles with ease replace them with some blocks or boxes that are a bit higher to create new challenges.
- Make sure to tell the toddlers that they are stepping 'over' something as they go through the obstacles.

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What are they learning with this activity?

As the children step up and over obstacles they are learning to:

- Persist even when they find a task difficult
- Use their large muscle strength to balance and lift knees
- Listen to and follow directions
- Use coordination skills and demonstrate spatial awareness
- Develop body awareness and a sense of self
- Challenge emerging gross motor skills

Extending the play:

- Change the activity by all walking 'around' the obstacles instead of 'over'.
- Put some marching music on and add some instruments like small bell bracelets, shakers and drums for baby and toddler to use.

