

The Essential Moves

0-6 months

- ✓ Squirming- muscle development.
- ✓ Tummy time- LOTS!!! In many different ways. If you miss out on this crucial stage, everything else will be delayed. This integrates primitive reflexes, builds tone and strength and helps vision development.
- ✓ Rolling – front to back, then back to front. Builds tone, stimulates vestibular system (balance)

During this time ensure lots of free movement on the floor. Hold in positions that encourage neck strength and use lots of massage to help with body awareness.

The Essential Moves

6-12 months

- ✓ Commando crawling- moving around on their tummy. Cross pattern movement_help with brain development, reflex integration, body awareness and vision development.
- ✓ Pushing up onto all 4's and rocking – muscle development and reflex integration.
- ✓ Crawling on all 4's in a cross pattern movement. Depth perception, muscle development & reflex integration

Don't encourage standing eg a walker. Allow plenty of time to move around the floor to explore. Provide opportunities for navigating obstacles over/ under/ through.

12-18 months

- ✓ Pulling to standing
- ✓ Cruising around furniture
- ✓ Walking- stiff legged with hands out. May revert to crawling as it is quicker!
- ✓ Walking well
- ✓ Starting to run in a cross pattern

This is an important stage for developing balance and strength. Allow for opportunities for jumping, climbing and counter balancing to develop strength and coordination.

The Essential Moves

18 months – 2years

- ✓ Running
- ✓ Jumping- they will start squatting and be able to propel themselves off the ground
- ✓ They will be able to counter balance without too much help
- ✓ They will be able to support their weight on their hands and perhaps walk (wheelbarrows)* upper body strength is important for handwriting development.

Allow for opportunities to support weight- wheelbarrows, money bars. 4 wheeled bike for bi lateral moves

The Essential Moves

2-3 years

- ✓ Jumping well
- ✓ Good balance- linked to vision and reading.
- ✓ Can support weight and walk on hands – starting to get a good grip on pencil!
- ✓ Can ride a trike – pedals going in different directions
- ✓ Can kick a ball- requires counter balancing on one leg

Allow for opportunities to climb, jump, counter balance & support body weight

The Essential Moves

3-4 years

- ✓ Balancing well on one leg- ready for hopping
- ✓ Confident on trike
- ✓ Can ride a 3 wheeled scooter
- ✓ Walks up stairs easily
- ✓ Can jump from a squatting position and move forward
- ✓ Walks on hands easily across a room

Children at this age need lots of climbing and opportunities to discover balance! Scooters will help here.

The Essential Moves

4- 5 years

- ✓ Can hop on dominant leg
- ✓ Can squat and move forward in a frog jump
- ✓ Starting to skip
- ✓ Can ride a bike with trainers
- ✓ Can ride a two wheeled scooter
- ✓ Can manipulate small items such as beads using dominant hand
- ✓ Holds a pencil in an almost tripod grip
- ✓ Can use monkey bars

Children here are discovering games that require more motor planning- hop scotch, climbing stairs by 2's etc. they need to be given lots of opportunities to fine tune their balance.