

Lesson Plan:

“I Am on the Move!”

Subject:

Gross motor skills.

Focus:

Beginning to creep or crawl.

Overview:

Infants begin to crawl anywhere from 6 months to 10 months. This process and phase of development can be aided by environmental facilitation.

Purpose:

To get infants moving. This important physical milestone also aids in cognitive and social development.

Objectives:

- To begin infants’ movement.
- To expand infants’ exploration space.

Resource Materials:

- A happy and supportive caregiver.
- An interesting and colorful favorite toy.

Activities and Procedures:

1. Place the infant on his or her stomach on a comfortable and safe surface.
2. Move approximately 2 feet away.
3. Smile wide and encourage the infant to come toward you for about 1 minute.
4. Then put the toy down in front of you and encourage the infant to come and get it.
5. Greet all movements toward you or the toy with warm enthusiasm and applause.

Tying It All Together:

Creeping and crawling are very important milestones. They increase the amount of exploring an infant can do. As stated above, they also enhance cognitive and social development because of the increased exploring and interaction with other humans and objects.

Visit www.sagepub.com/gordonbiddle to access templates of these lesson plans.