

The Grand Old Duke of York

Create your own baton using the ribbon and the tube provided. Encourage your baby to grasp the baton with two hands and play around with moving it in different directions whilst you sing the Grand Old Duke of York rhyme. Introduce new language like up and down, side to side.

This activity will help to develop:



Hand & eye co-ordination



Crossing the midline



Using feet and leg muscles
to stabilise themselves



Core stability, strengthening
the tummy and back muscles



Reaching up for objects,
strengthening shoulder,
wrist & neck muscles



Language development



Facilitator Information

Stage One

Let's 'Play to Move'

Activity Set Up:

Set out the foldable green mat for the baby to sit or lie on. Ask the adult to make a baton from the materials provided. Adult is to encourage the baby to follow and reach up and down for the baton whilst singing the Grand Old Duke of York rhyme. Encourage the baby to also hold the baton and play around with moving it in different directions.

Alternatively adult can cradle the baby in their arms and sway side to side whilst singing the nursery rhyme to the baby.

Repeat this several times, babies feel secure and reassured when something is repeated. It also helps to develop their neural pathways.

Equipment:



Card, insulating tape and ribbon to make Baton



Nursery rhyme card



A playful adult

Inclusive Play:

This activity can be adapted so that all children and adults are able to take part and aims to encompass all abilities and additional needs. For ideas on using this activity across a wide spectrum of needs please see the Inclusive Play cards available with this programme.