**Physical Development**

* Provides children with the abilities they need to explore and interact with the world around them
* Begins as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ gain strength
* The development of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ control is the first step in physical development

*Factors affecting Physical Development:*



*How do you know what a child should be able to do physically?*



*Motor Development*

* Physical growth
* Growth in the ability of children to use their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills
* Process by which a child acquires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ patterns and skills
* Critical time for motor development is between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Motor Development
    - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -muscle groups
    - Legs (running) and arms (throwing)
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Motor Development
    - \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -muscle groups
    - Smiling, picks up a fork, tying a shoe

*Four physical growth cycles*

* + Two of slow growth
  + Two of rapid growth
    - 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physical Growth
      * Conception to 6 months of age
    - 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physical Growth
      * Toddler and preschool periods
    - 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physical Growth
      * Preadolescence and adolescence (Puberty)
    - 4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Physical Growth
      * After puberty until adult growth is achieved

*Types of Movement*

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Movement: Movement of the body from place to place
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Movement: Movement of the body while staying in one place
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Movement: Movement that involves controlled use of the hands and feet

*Parents and caregivers should pay attention to their child’s physical growth and*

*give loving support as their children develop these skills*

PROMOTE PHYSICAL DEVELOPMENT:

***Physical Development: The 1st 5 Years Video***

**Notes**

1. Which year is physical development more rapid than any other year of life? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Which FOUR of the five senses are already developed at birth?



3. What is the difference between gross and fine motor skills?

* **GROSS:**

* **FINE:**

4. What should a parent do if their child misses a milestone in physical development? Explain

**Chart**