**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?*

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*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?

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*
*

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**