



## Early Childhood Development: ECDV4 LESSON 9

**Unit Standard: 244258: Demonstrate basic understanding of child development.**

**SO3: Prepare the physical development of children**

**TOPIC: PHYSICAL DEVELOPMENT OF CHILDREN UP TO 5 YEARS**

**AT THE END OF THIS LESSON STUDENTS WILL BE ABLE TO:**

- What is physical development in early childhood?
- Signs of child's physical development
- Stages of physical development
- How to promote physical development

### PICTURE OF YOUNG CHILDREN



wgvunews.org]

[Adapted from

### PHYSICAL DEVELOPMENT IN EARLY CHILDHOOD:

- It is the area of children development that includes children's physical growth as well as their increasing ability to control the muscles of their bodies. Children's physical development follows a predictable pattern but each child grows at his or own rate.



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## SIGNS OF CHILD'S PHYSICAL DEVELOPMENT

### Limbs

- The arms and legs of the child will grow longer and the child will appear much slimmer or thinner than when he/she was an infant.

### Muscle Growth

- Muscle growth will be faster to aid the child's movement. The muscles of the arms and legs, which are known to be longer, will grow faster than the muscles in the toes or fingers which are smaller.

**NB** at this stage, it is essential to provide proper nutrients to your child to help growth process.

### Brain Development

- The child will be able to perform more complex mental and physical tasks. During the age 2, the human brain is already 70% of its adult size and by the age 5, the brain is almost 90% of its adult size. The increase in motor skills can be contributed by this growth.

### Motor Skills

- Motor skills are associated with the child's ability to perform tasks on everyday basis. It can be anything from running to building blocks.

## MOTOR SKILLS CAN BE CATERGORIZED INTO TWO:

### Gross-motor skills or large motor skills

- These are skills whereby the child is required to perform general tasks like running, walking, jumping or balancing the body as they engage in activities.

### Examples of gross motor-skills tasks or activities:

- Walk with a steady balance
- Run comfortably in a single direction
- Throw a ball or catch it
- Hop on each foot several times
- Jump over objects
- Kick a ball
- Pedal a triangle



### **FINE MOTOR-SKILLS OR SMALL MOTOR-SKILLS.**

- These are skills that involve finger movements that are necessary to perform tasks that can be slightly complicated it work hand and glove with the brain development of a child.
- Fine motor-skills allow the child to:
  - a. Use cutlery
  - b. Brush teeth or comb hair
  - c. Pick up small items like beads or coins
- Work on simple puzzles
- Draw simple shapes like circles
- Stack up blocks

### **HEIGHT**

- By 12 months, the length of an infant is known to be 50% of the birth length. Also boys reach half of the adult height at 24 months and girls are half their adult height when they reach 19 months old.

### **WEIGHT**

- At 12 months of age, the weight of the infant will be 3 times that of birth weight. The growth rate tends to shows down after the first year and between one year and 5year he/she will be gaining about 2kg every year.

### **TEETH**



[Adapted from wgvunews.org]



- Children lose baby teeth between the ages of 6 – 12.
- At the age of 2 years they tend to grow all 20 baby teeth.
- Babies at around 5 months to 9 months the lower front teeth will grow and the teeth on the upper front appear at around 8 to 12 months of age.

### **STAGES OF PHYSICAL DEVELOPMENT**

- Stages of physical development in children follow a general pattern:
- Babies can crawl, sit and hold their heads up by 9 months
- They learn walking, running, jumping, climbing, stairs with help, building blocks and holding anyone between the age of 2 years and 4 years.
- At the age of 4, they can climb stairs without help, write and even dress up on their own.

### **WAYS OF BOOSTING OR PROMOTING PHYSICAL DEVELOPMENT IN TODDLERS AND YOUNG CHILDREN**

- Work in physical development activities for young children to improve their overall development.
- Walk with your child and provide him/her with the opportunity to run, jump and use their muscles
- Prepare a simple obstacle course for your child to jump over, or encourage him/her to run around in the garden or in the house
- Play catch using a ball or allow your child to kick or throw the ball. Thus working his/her muscles and motor skills.
- Take your child on a nature walk and make sure you allow him/her touch grass leaves and flowers this will promote gross and fine motor-skills development.
- Have a block-building contest
- Get toys that can promote physical development like basketball hoop, hula hoops and tricycle.

### **CONCLUSION**

- Physical development in children should be complemented with a proper development nourishment and a healthy balanced diet as this ensures proper growth and of the muscles and bones.



**ACTIVITY 1: READ THE SCENARIO GIVEN BELOW AND ANSWER THE FOLLOWING QUESTIONS.**

Thabiso is 1 year old, he has not started crawling but sitting on his own. He struggles to coordinate movements such as pushing up to a crawling position and moving his hands and legs at the same time. Objects and people in his environment are brought to him to explore.

1.1 What limitations in his physical and motor development impact his development? Fill in the table below to indicate the limitations:

<b><i>Exploration</i></b>	•
<b><i>Cognitive Development</i></b>	•
<b><i>Social Development</i></b>	•
<b><i>Emotional Development</i></b>	•



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## MARKING GUIDELINES

<b>Exploration</b>	<ul style="list-style-type: none"><li>Limited to motor development and skills can mean limited exploration of the environment</li></ul>
<b>Cognitive Development</b>	<ul style="list-style-type: none"><li>Limited exploration can mean limited experiences for example: Learning about cause effect a contributor to cognitive development can be limited merely because of restricted 'experiments' with the things nearby</li></ul>
<b>Social Development</b>	<ul style="list-style-type: none"><li>The child can only observe the play of other children within the range of sight. This can affect the child's development of particular social skills.</li></ul>
<b>Emotional Development</b>	<ul style="list-style-type: none"><li>The child depends on other people in his environment to provide stimulation. This can affect emotional development of the child</li></ul>