

Physical Activities That Correspond With Developmental Stages



| Age | What Youth Can Do (Developmental Milestones) | What You Can Try To Build Their Skills |
|--|---|--|
| 0-1 year | 0-3 months | |
| | <ul style="list-style-type: none"> ▪ Able to turn head when prone ▪ Kicks arms and legs in air ▪ Moves all extremities ▪ Responds to sound ▪ Move head while being held | <ul style="list-style-type: none"> ▪ Use bright color scarves to play “peek-a-boo” ▪ Place toys and other colorful objects where baby can see and reach for them ▪ Encourage wiggling and kicking with legs ▪ Take a favorite toy and have baby follow it with her eyes ▪ Offer rattles, music boxes and squeeze toys that make sounds ▪ Place baby on stomach with a brightly colored object/toy in front and watch newborn lift head ▪ Make soft sounds or shake rattle behind baby’s head, infant will turn to see or grab rattle |
| | 4-7 months | |
| <ul style="list-style-type: none"> ▪ Rolls over ▪ Shows first signs of crawling ▪ Grasps and mouths objects- holds object in one hand ▪ Inspects/plays with hands ▪ Improved head control and increased back strength ▪ Can move head, twists & turns in all directions ▪ Bears weight on legs and reaches persistently | <ul style="list-style-type: none"> ▪ Provide toys and items that baby can easily grasp-encourage hand clasping and kicking ▪ Place baby on safe and open floor so baby can crawl and move, roll over and twist ▪ Lay newborn on back and push your palms against feet soles as baby pushes back ▪ Set up a soft and stable area so baby can sit up to strengthen torso-use large pillows, supervise ▪ Place baby’s favorite toy just out of reach in front and encourage infant to reach | |
| 8-12 months | | |
| <ul style="list-style-type: none"> ▪ Can sit up without support ▪ Takes a few steps alone-shows early signs of independent walking ▪ Claps hands-plays social games using hands ▪ Improved coordination and balance due to increased strength in legs ▪ Able to crawl forward, backward & propel self along floor ▪ Will stand with support against person or object | <ul style="list-style-type: none"> ▪ Place baby on safe and open floor so tot can crawl and attempt standing alone ▪ Let baby lift self to upright sitting position ▪ Help baby stand, take a step backwards and encourage tot to step towards you ▪ Imitate baby movements- bounce up and down together to music ▪ Play music and clap hands to beat and rhythm; play “pat a cake” ▪ Give baby a push toy to practice moving forward and balancing | |
| 1-3 years | <ul style="list-style-type: none"> ▪ Despite frequent falls, is determined to stand and walk alone ▪ Walks, runs and jumps with both feet in place ▪ Able to lie down from a sitting position ▪ Will climb on and off furniture ▪ Uses 2 word phrases, vocabulary of 20 words <p><u>By 3 years:</u></p> <ul style="list-style-type: none"> ▪ Talks well-knows own name, age and sex ▪ Goes up stairs alone, alternating feet ▪ Can roll, kick and throw a ball; turn and spin body ▪ Can pedal a tricycle | <ul style="list-style-type: none"> ▪ Provide a safe and open space to practice walking and running-expect frequent falls ▪ Let baby crawl around, over and under safe objects-put pillows and small chairs down ▪ Play “tag” games ▪ Let toddler help with basic household chores such as dusting and picking up toys. ▪ Hold a favorite toy, as baby toddles toward you move back a step or two- change directions around the room. <p><u>By 3 years:</u></p> <ul style="list-style-type: none"> ▪ Balance on one foot for a short time ▪ Provide balls of all sizes and practice throwing, kicking and passing around ▪ Play noncompetitive social games-“duck, duck, goose” or “ring around the rosie” ▪ Provide a multiple wheel scooter or tricycle |

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| Age | What Youth Can Do (Developmental Milestones) | What You Can Try To Build Their Skills |
|--------------------|---|---|
| 4-6 years | <ul style="list-style-type: none"> ▪ Begins to move with greater ease and grace ▪ Can move in different directions-forward, back, sideways ▪ Can speak in complete sentences ▪ Able to throw, catch, bounce and dribble a ball using both or one hand ▪ Capable of following directions-freeze dance games, follow the leader, imitate motions and sounds ▪ Uses imagination to tell stories and create settings-move slow like a feather or jump fast like a bunny ▪ Can move while holding objects-throw ball in air, throw ball against wall, clap hands then catch ball ▪ Able to go over, in, out, under and around various objects ▪ Interacts with small groups of children | <ul style="list-style-type: none"> ▪ Teach children basic locomotor skills: walking, running, jumping (2 feet), hopping (1 foot), skipping, galloping, and leaping in a noncompetitive environment ▪ Play freeze dance-use basic locomotor skills. ▪ Walk, run, jump, hop while changing directions –forward, backward and sideways ▪ Create an obstacle course using chairs, cones, tables and more ▪ Go for walks in neighborhood, to parks and around playgrounds ▪ Throw/catch objects like scarves, bean bags & balls-catch with both hands, then try 1 hand ▪ Balance objects on body and call out name of body parts -place on knee, hip, shoulder, ▪ Provide bean bags, balls of many sizes, scarves, hula hoops, parachutes, music, pretend play, simple puzzles, memory card games and a lot of space for movement ▪ Play -“Simon Says”, “Heads, Shoulders, Knees and Toes”, “if you’re happy & you know it” ▪ Put children in partners and have them imitate each other moving as if looking into a mirror |
| 6-8 years | <ul style="list-style-type: none"> ▪ Interacts with small and large groups of children ▪ Adheres to predetermined rules ▪ Knows right from left ▪ Cause and effect are understood ▪ Can do more than one motor skill at once ▪ Able to tie his own shoelaces | <ul style="list-style-type: none"> ▪ Play games from 4-6 year category –practice walking, running, jumping, hopping and skipping skills by adding objects, direction change, speed and imagery- walk forward while dribbling a ball, balance a bean bag on your head & tip toe softly like a feather across the field ▪ Teach <i>skills</i> of sports and team games-practice dribbling basketballs, kicking soccer balls, catching softballs, serving volleyballs, running to bases or across basketball courts ▪ Practice moving sideways, stretch, & try yoga positions with or without partners ▪ Animal Parade- move like animals- stomp heavy like a hippo, gallop forward like a horse |
| 9-12 years | <ul style="list-style-type: none"> ▪ Participates in organized sports ▪ Uses both hands independently ▪ More graceful and coordinated ▪ Ability to get along with peers and form friendships ▪ Can understand another point of view ▪ Enjoys competitive play & active sports- skate, bike, dance | <ul style="list-style-type: none"> ▪ Encourage participation in team sports, clubs and competitive games ▪ Offer opportunity to learn rhythm and music through dance ▪ Let child create his own dance moves or games ▪ Clap your hands to a steady beat and have child move to the sound of the beat, fast and slow ▪ Play competitive sports or relay races with or without partners and teams ▪ Play target toss and catch games |
| 13-16 years | <ul style="list-style-type: none"> ▪ Participates in sports, games, fitness and other activities ▪ Enjoys most-noncompetitive and competitive teams ▪ Influenced by peers, social trends, school, culture & family ▪ Experiences hormonal changes, growth spurts and different types of physical and emotional maturity ▪ Acts self conscious, perceives self as invincible | <ul style="list-style-type: none"> ▪ Promote participation in various sports, games and fitness or physical activities ▪ Expect responsibility for some household chores-laundry, dishes, gardening, clean room ▪ Encourage child to try various activities to discover enjoyment in movement & exercise ▪ Introduce supervised weight lifting, aerobics-fitness, outdoor recreation, martial arts, dance ▪ Provide opportunities to build self-esteem and review the importance of safety in team sports, noncompetitive and competitive exercises-use helmets, eye protection, knee pads and more |
| 17-20 years | <ul style="list-style-type: none"> ▪ Experiences hormonal changes, growth spurts and different types of physical and emotional maturity ▪ Finds enjoyment in school, work, friends and culture ▪ Explores independence & motivations effecting fitness | <ul style="list-style-type: none"> ▪ Support independent choices with respect to physical activity-join a gym, sports or dance team, take advantage of community youth programs, martial arts, fitness, parks & recreation ▪ Promote participation in family traditions & culture-play sports and dance at family events ▪ Encourage teens to mentor or coach young children in sports and activities |