

# Physical Activities That Correspond With Developmental Stages



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

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