

Name _____ Hour _____

Date of observation _____

PHYSICAL DEVELOPMENT

During this observation, you will look for differences in growth in children. You will see wide differences in the physical development of the children. Although they are about the same age, they are very different in size. Some are taller, heavier, and broader than others, and some have bigger bones. Their muscular development show in the way they use their bodies and handle materials.

1. Select two children who are different in body builds. Describe differences in how they look and what they did.
Name of child #1 _____ Name of child #2 _____

2. List six toys or pieces of play-school equipment that encouraged the children to use their large muscles. How does this activity help them to grow physically?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

3. Describe six ways you saw children using smaller, finer muscles. How does this activity help them to grow physically?
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.

4. Were the children comfortable in using their
 - a. large body muscles
 - b. smaller body muscles

5. Watch one child for five minutes. How long was he/she quiet? Describe the different movements he/she made. What can you say of the ability of a child this age to keep quiet? How should you plan schedules for children in terms of their needs for activity and rest?