

PRESCHOOLER PHYSICAL DEVELOPMENT STUDY GUIDE--KEY

1. Children ages four and five are often called **preschoolers**.
2. Children of this age are known for their **activity**.
3. This is a time of practicing and refining **physical** skills.
4. The average yearly increase in height is **2 1/2 to 3** inches.
5. A general rule to remember is that children **double** their birth length in five years.
6. Most children gain about **4-5** pounds per year during this period.
7. Children tend to be taller and heavier than their **parents**, because we have better health care, diet, and health habits.
8. About the age of **6** children begin to lose their primary teeth. Their six-year molars are the first of the secondary teeth to appear.
9. Most **large** motor skills become well developed, and there is significant improvement in their **small** motor skills. The skilled use of both of their hands has improved. However, most children cannot tie their shoes until about age five.
10. Most children by age five consistently use either their right or left hand. Preference for the right or left hand begins before a child's **second birthday**. It is not a good idea to try to change a child's hand preference.
11. Children need **help** in maintaining cleanliness habits. Poor habits that are acquired can continue into adulthood.

Average motor skills:

FOUR YEARS

skips and hops
laces shoes
dresses/undresses
cut on lines
can jump forward
and up and down
throws overhand

FIVE YEARS

ties shoes
draws people
draws alphabet
balances on tiptoe
buttons, snaps,
zips clothes
picks up small items

SIX YEARS

throws, catches ball
builds block towers
to shoulder height
cuts, pastes, molds
colors skillfully
writes entire words