
UNIT: Growth and Development

LESSON: School Age--Physical

COMPETENCIES:

1. Identify the physical development in school-age children. (Options 2, 3, and 4)
 2. Develop age-appropriate activities for physical development in school-age children. (Options 5 and 6)
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OVERVIEW/SUMMARY:

School-age children do not grow as quickly as infants and toddlers. However, their growth remains constant.

MOTIVATOR:

Assign students to bring a school-age picture of themselves to share with the class. Let them share their stories and excitement of this age.

LESSON OPTIONS/SUPPLIES:

OPTION 1

BOOK: The Bully Brothers Trick the Tooth Fairy

JOURNAL ENTRY: Have students write about their family traditions concerning the tooth fairy.

OPTION 2--Competency 1

SIZE OF SCHOOL-AGE CHILDREN: Use the transparency "Average Height and Weight From Age 6 to 12" to discuss the average height and weight of children during the school-age years. Average growth is 5 pounds per year and 2.5 inches per year during the school-age years. Emphasize the fact that children go through growth spurts at different times and, therefore, a great deal of differences are seen in the size of school-age children, even of the same age. The students will remember being taller or shorter or thinner or larger than most of the children in their class at some point.

TEACHER NOTE: The class would love to see your class pictures from kindergarten through fifth grade. These really illustrate the point.

OPTION 3--Competency 1

DISCUSSION: Even though school-age children vary greatly in their height and weight, they do have one thing in common--the loss of their teeth. With the loss of their teeth, the tooth fairy enters the picture. Briefly have the students share their experiences or traditions concerning the tooth fairy. Explain that children normally lose their teeth in the same order they came in--bottom two first, then top middle, then top two sides, etc.

OPTION 4--Competency 1

WORKSHEET: Have the students complete the "Physical Development of the School-age Child Worksheet" as a pretest and then review the test as a class, correcting and discussing the answers.

OPTION 5--Competency 2

Explain that during the school-age years, the child has a great deal of surplus energy. Because of this extra energy, most children enjoy gross motor type activities. Especially between ages 9 and 12 the child enjoys organized gross and motor activities such as baseball, softball, and soccer. Have the students create a new version of an old game such as Dodge Ball, Red Rover, Four-Square, etc. They must be able to explain the new rules to the class. Divide the class into small groups and have them play the new games.

OPTION 6--Competency 2

Explain that school-age children have highly developed fine motor skills, and during the school-age years, these skills are refined. This can be seen in their ability to write. Use the transparency to demonstrate this idea. Because of this refining of the fine motor skills, school-age children enjoy activities such as piano lessons, violin lessons, crafts, and ceramics. Assign the students a few days before this option is discussed to bring and share with the class awards, pictures, projects, trophies, or experiences and accomplishments that helped their sense of "industry."