

Major Physical Growth Stages

Lesson Title: Growth Stages 1: Infancy and Early Childhood
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Name: _____

Major Physical Growth Stages Birth to 5 Years Old

Babies: By the Age of 1

- grasping and sucking reflexes
- make discoveries with objects (like shaking a rattle)
- roll a ball and throw objects
- crawl, roll over, and sit and stand up (without support)

Toddlers: By the Age of 2

- walk forwards, backwards, and move more easily
- pick up toys from a standing position
- push and pull objects
- walk up and down stairs (with help)
- balance and hand-eye coordination improves
- grasp, hold, and throw a small ball

Children: By the Age of 3

- more comfortable with moving and coordination
- run forward and jump up and down
- stand on one foot (with help)
- use and control small objects better
- draw and paint circles
- roll, pound, squeeze, and pull clay

Children: By the Age of 4

- ability to move and balance improves
- run around objects and walk on a line
- balance on one foot
- push and pull toys and ride a tricycle
- throw and catch a ball
- build a tower of blocks
- make clay into balls, snakes, and other objects

Children: By the Age of 5

- more physically confident
- walk backwards and jump on one foot
- jump forward many times without falling
- walk up and down stairs (without help)
- do somersaults
- use safety scissors and print a few letters in time for school

