

# Teaching and Learning

## Child development - Physical



Physical Development is core in supporting children's learning and development in all areas of their learning. When observing a child's Physical Development, it is important to reflect on what you know about the stages of physical development and every aspect of physicality that is involved. Remember, that stages of development are not directly linked to age, and there is no such thing as 'age related expectations (ARE)' as children develop in unique ways. Therefore, it is important not to fall into a tick-box culture as it is restrictive and can label children unnecessarily.

### **TASK 1**

With a colleague using the 'Birth to 5 Matters' tool to sort the development points listed below from ranges 1-6. The ranges cover typical progression in development and learning from 0-5 years, instead of specific age ranges. Click on: [Birthto5Matters-download.pdf](#)

- Helps with dressing/undressing and care routines, enjoying the rituals established for hand washing and teeth cleaning.
- Makes needs known through crying and body movements
- Grasps finger foods and brings them to mouth and shares control of spoon and bottle or cup, moving towards independence with support
- Expresses discomfort, hunger or thirst, distress and need for holding or moving

- Feeds self with increasing need to be in control and holds cup with both hands, drinking without much spilling
- Can actively cooperate with nappy changing, dressing/undressing
- Describes physical changes to the body that can occur when feeling unwell, anxious, tired, angry or sad.
- Feeds self competently
- Shows some understanding that good practices with regard to exercise, eating, drinking water, sleeping and hygiene can contribute to good health
- Able to help with and increasingly independently put on and take off simple clothing items such as hats, unzipped jackets, wellington boots.
- Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers and pulls zipper once it is fastened at the bottom.
- Can hold a cup with two hands and drink well without spilling.
- Gains more bowel and bladder control and can attend to toileting needs most of the time themselves
- Feeds self with increasing need to be in control and holds cup with both hands, drinking without much spilling

Now check your answers using the guidance tool.

## TASK 2

Watch the 5 min video of Filip who is 4 years of age:

[Filip at the Gate | Pen Green Children's Centre](#)

Once you have watched the video, consider the following questions, and discuss with your colleagues:

- What physical skills did Filip demonstrate?
- What do you notice about Filip's Movements?  
(Balance, co-ordination, core strength, stability, spatial awareness, and agility)
- Using the Birth to 5 Matters guidance, where would you assess Filip's physical development?
- What evidence from the video supported your decision?
- What next steps would you provide for Filip and why?
- Do you require any further information?
- What other areas of learning did Filip demonstrate development in?
- How could you further develop positive relationships with Filip's parents to support and extend his learning and development?
- How did the environment and resources support Filip?
- What skills did the practitioner use to support Filip?