

PHYSICAL DEVELOPMENT DURING CHILDHOOD

Significant physical strides occur between the ages of 7 to 12 years. Basic characteristics of this period can be identified with following milestones-

1. Growth is slower than infancy, but steady. Eating may fluctuate with activity level. Some children have growth spurts in this stage.
2. In the later stage of childhood, body changes (hips widen, breasts bud. pubicpubic hair appears, testes develop) indicate approaching puberty.
- 3: Children recognize that there are differences between boys and girls.
4. Children find difficulty balancing high energy activities and quiet activities.
5. Intense activity may bring tiredness. Children need around 10 hours of sleep each night.
6. Muscle coordination and control are uneven and incomplete in the early stages, but children become almost as coordinated as adult by the end of middle childhood.
7. Small muscles develop rapidly, making playing musical instruments, hammering or building things more enjoyable.
8. Baby teeth will come out and permanent ones will erupt in following manner:

Teeth	Number	Age of eruption
First back teeth (first molars)	4	5-7 years
Front teeth (incisors)	8	6-8 years
Bicuspid (premolars)	8	9-12 years
Eye teeth or cuspids (canines)	4	10-13 years

9. Eyes reach maturity in both size and function.
10. The added strain of school work (smaller print, computers, intense writing) often creates eye-tension and leads some children to eye examinations.
11. Gain up to 2.3 kilograms (five pounds) weight per year. Weight gain speeds up.
12. Grow approximately 8 centimetres (3 inches) per year.
13. Demonstrate a performance for being right handed or left handed.
14. Heart size is increasing in relation to rest of body
15. Anaerobic system is not developed.

16. Motor patterns become more refined and the balance mechanism in the inner ear gradually matures.

17. Strength develop by the improvement in the neural pathways.