

## Early Childhood: 2-6 years

The period of the most rapid development of motor behaviours is the period between 2 and 6 years, this period is known as the preschool years. Following skills appear:

1. Basic locomotor
2. Ball-handling
3. Fine eye-hand coordination
4. Walking leads to running, jumping, hopping, galloping and skipping
5. Climbing evolves from creeping

Some important points regarding motor development in early childhood are presented in following table

	By the age	Characterized by
1.	3 years	Walking is automatic.
2.	4 years	The child has almost achieved an adult style of walking.
3.	3 years	The child has attempted to run, albeit awkward in style and lacking control.
4.	4-5 years	The child has more control over running and can start, stop and turn
5.	5-6 years	Skills in running have advanced to the level of an adult manner.
6.	3-6 years	Climbing proficiency using ladder etc. has developed.
7.	6 years	Children can hop and gallop skillfully, and jumping distances are longer.
8.	3 years	Children begin a shuffle which evolves into skipping by the age of 6.

## Later Childhood: 6-12 years

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After the age of 6 years old, it becomes increasingly difficult to describe changes and differences in motor skills development. The following characteristics are evident:

1. Changes are more subtle and are often to fine motor skills only.
2. By 9 years eye-hand coordination has developed to being very
3. Growth is relatively slow.
4. This stage is terminated by the onset of puberty.
5. Motor skills are perfected and stabilized.
6. Links can be made to physical development.

The following are assessed during this stage:

1. Running	Become faster depending on the length of stride and tempo.
2. Jumping	The ability to jump higher will become greater due to body size, weight, age and strength.
3. Throwing	Boys begin to throw further with a better technique and accuracy
4. Balancing & coordination	The increases as the child becomes older and control is perfected.