

Kids should **Move It** for 60 minutes every day



Regular physical activity promotes motor skill development. It also gives kids a sense of accomplishment, reduces the risk of certain diseases, promotes mental health, increases concentration, and sets good habits for life. Can't manage a solid hour of exercise? Space activity throughout the day - it all counts toward a 60-minute/day goal.

Focus on fun rather than on competition. School-aged children may compare their physical capabilities with their peers. Physical activities that are fun and improve individual skill level allow kids to experience success rather than failure and frustration.

Remember that children develop at their own rates and in their own ways. 'Typical development' guidelines should not be taken as necessary steps for individual children, nor should they be used as checklists. Development is affected by a number of factors - prematurity, neurological or cognitive impairment, environment, culture, experience, and opportunity.

Motor Skill Development Guidelines							
1 to 1 ½ Years	1 ½ to 2 Years	2 to 2 ½ Years	2 ½ to 3 Years	3 to 4 Years	5 to 6 Years	7 to 9 Years	10 to 11 Years
<ul style="list-style-type: none"> • Walks with coordination and balance • Sits down with control • Squats/stoops to pick object up from floor • Propels self on ride toys • Walks backwards • Walks up stairs with adult support • Creeps down stairs bottom first 	<ul style="list-style-type: none"> • Walks upstairs independently with assistance of a rail • Runs with coordination • Walks sideways • Kicks a ball • Throws a ball • Jumps off the ground • Balances on one foot 	<ul style="list-style-type: none"> • Uses age appropriate play ground equipment • Jumps up off of the ground • Walks up stairs, alternating feet, uses railing • Hops forward with two feet 	<ul style="list-style-type: none"> • Hops on one foot a few steps • Throws a ball over hand • Catches ball, trapping against chest 	<ul style="list-style-type: none"> • Runs around obstacles • Walks on a line • Balances on one foot for five to ten seconds • Hops on one foot • Pushes, pulls, steers wheeled toys; rides a tricycle • Uses slide independently • Jumps over six inch high object and lands on both feet together 	<ul style="list-style-type: none"> • Continued development of fundamental skills: running, galloping, jumping, hopping, skipping, throwing, catching, striking, kicking • Simple activities that require little instruction • Repetitive activities such as swimming, throwing and catching a ball 	<ul style="list-style-type: none"> • Refinement of fundamental skills • Development of transitional skills, such as throwing for distance or kicking for accuracy • Activities with flexible rules • Activities that require little instruction 	<ul style="list-style-type: none"> • Refinement of transitional skills • Development of complex skills which involve following instructions, strategy, and teamwork

If you have ongoing concerns regarding your child's motor development, consult a developmental pediatrician, pediatric physical therapist, or pediatric occupational therapist. These specialists can provide you with further information and, if needed, more fully assess your child.

Further Reading and References

Canadian Society for Exercise Physiology: csep.ca

Bright Futures: brightfutures.org

Olivia's Place Pediatric Therapy Centers: oliviasplace.org

