

Movement for Childhood

A timeline of Psychomotor Development* – learning to move through space and time, with control and efficiency

Age (years)	Prebirth to 2		2 to 7	7 to 10	11 to 13	14 and beyond
Stage	GOODNESS			BEAUTY		TRUTH
	Birth of physical body Standing and speaking		Completion of early childhood	Forces freed for picture thinking	Beginning of self- awareness & judgement	Forces freed for critical thinking
Qualities	Timeless Prompt Lost in space At home in space Subjective/non-literal Objective/literal Imitation Responsibility Dependent Independent Right brain Left brain Nonsocial Social Play Athletics Nondirectional Precision Flexible rules Inflexible rules					
Phase of Motor Development	<i>Rudimentary movement:</i> reflexive movements are subcortically controlled. Mastering above/below	<i>Fundamental movement abilities</i> Mastering forward/back	<i>General movement abilities</i> Mastering left/right	<i>Specific movement abilities</i>	<i>Specialized movement abilities</i>	
Stability (postural and positional control)	Sitting and standing	Riding a bicycle, sledding, swings & slides	Tree climbing, gymnastics, swimming	Sport skills and low- competitive games with sport elements (“playing at sport”)		Team and individual sports.
Locomotor	Creeping, crawling, walking	Running, roughhousing, exploration	Tag, circle games and dances.			
Manipulative (gross and fine motor skills)	Reach, grasp, release	Digging, throwing and catching, play with toys	Chores. Beginning sport skills.			
Stamina and Strength (physical development)	These more purely physical aspects will be naturally developed through childhood work and play activities; however, development of stamina and strength through specialized activities should not begin until the early teen years (at which stage they can be met with appreciation).					Conscious building of stamina and strength can begin in at this stage.

* Development of capacities needed for both academic and athletic progress. Adapted from *Motor Development and Children's Play* by Marie M. Mullan, in *Child's Play and Play Therapy*, Thomas D. Yawkey and Anthony D. Pellegrini Eds. Technomic Publishing, Lancaster Pa., 1984