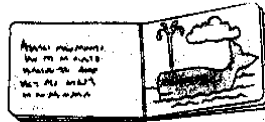


MY
Chooosen
Areas

• PHYSICAL
DEVELOPMENT



Choosing the area of development I want to study

I have chosen to study

- physical development because it is the development of the body and over weeks a child's body changes.

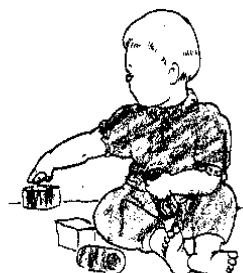
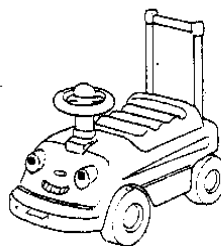
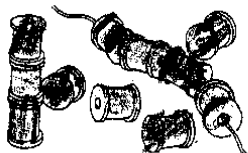
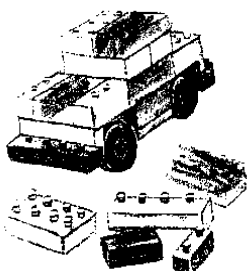
I will base my study on;

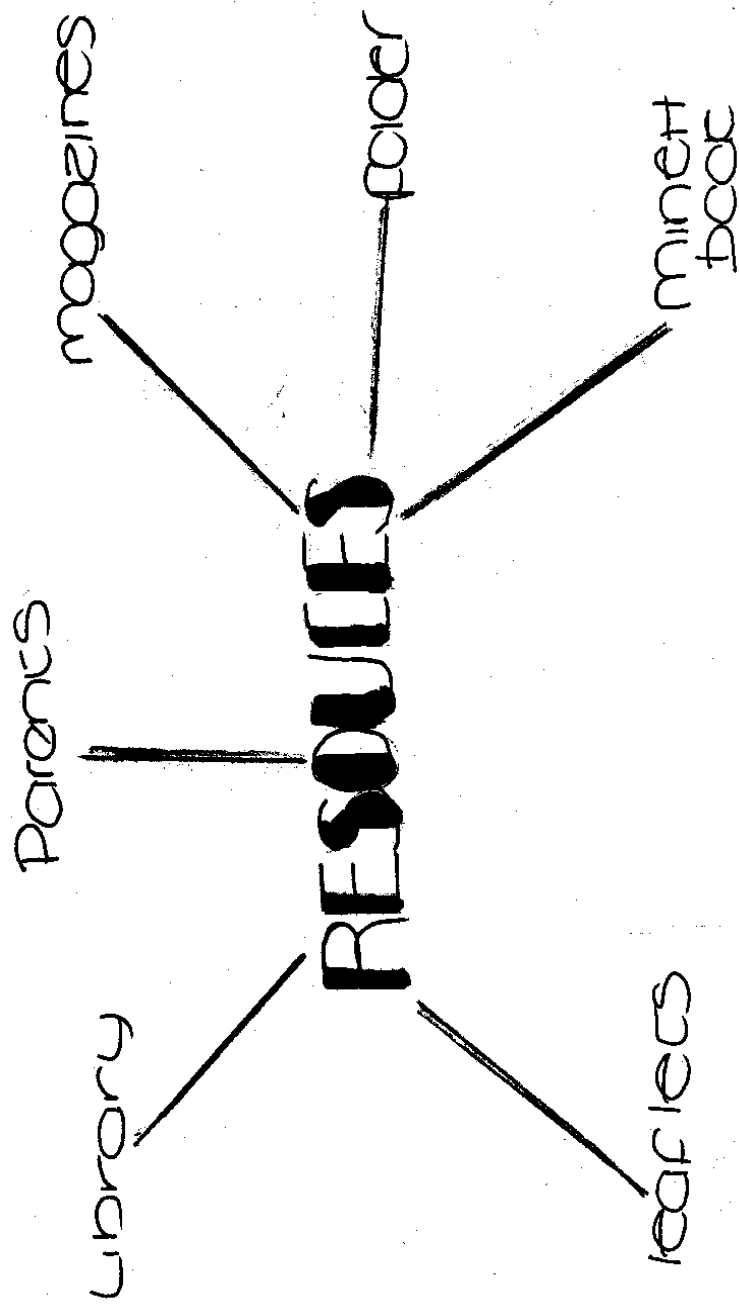
- * Dressing and undressing.
- * Building things with

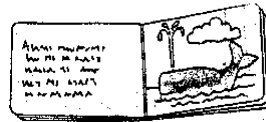
- blocks, her improvements.

- * Her painting and drawings.

Demilyn will change her abilities over the weeks.







Physical Development

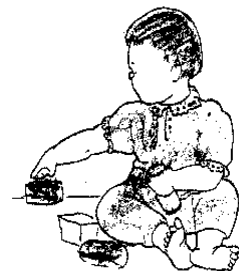
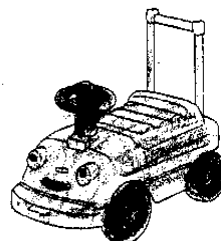
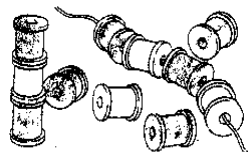
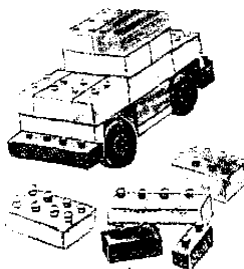
Physical development includes;

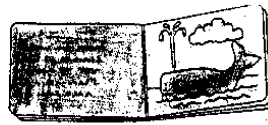
- * height, weight, vision, hearing, teeth and bones
- * locomotion - sitting, crawling, standing and walking.
- * co-ordination - muscular; manipulative; hand/eyes.

Healthy physical development depends

● Upon:

- * a well-balanced diet
- * exercise, fresh air, rest and sleep.
- * suitable clothing.
- * well-chosen toys and activities
- * safety in the child's environment





Head control

Movement of the head is controlled by muscles in the neck, and in a new born

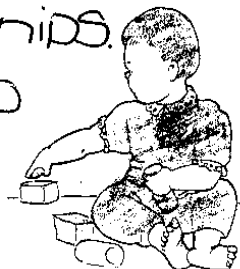
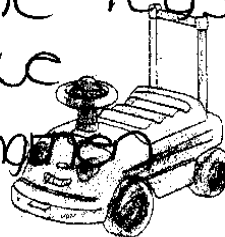
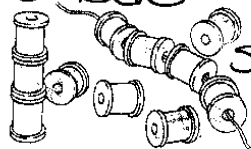
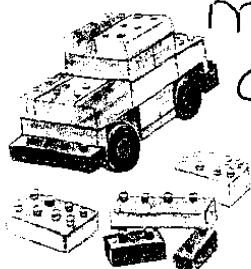
- baby these are undeveloped and weak. Muscles need time to grow and develop. Also, the baby has to learn how to use them before she has control over her head movements.

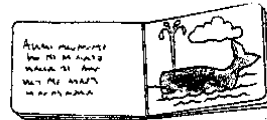
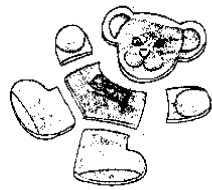
Walking

The legs of a new-born baby need time for further growth and development before they can be used for walking. The

muscles of the legs, hips,

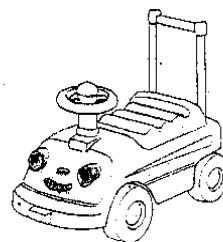
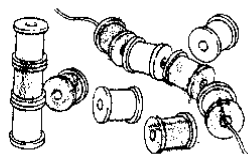
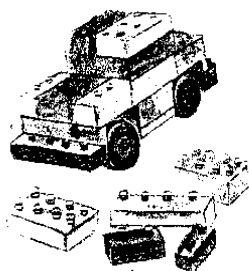
and back have to

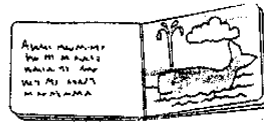
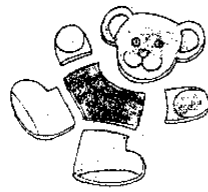




In addition, the baby has to learn how to co-ordinate all these muscles and also how to keep her balances. All babies love the opportunity to kick, and kicking is an essential exercise in the development of the muscles of legs and feet.

- 2 years - she can walk up and down stairs, two feet per stair, and can kick a ball without falling over. At 2½ years she can walk tip-toe and jump.



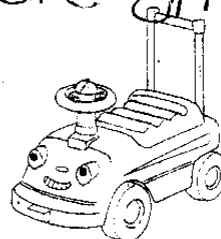
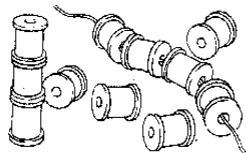
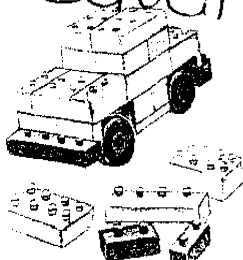


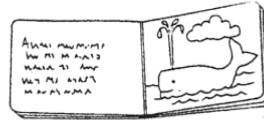
Using the hands

- At $2\frac{1}{2}$ years, she begins to be able to undress; builds a tower with eight blocks, and can thread large beads.

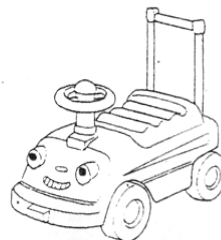
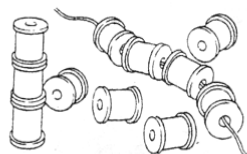
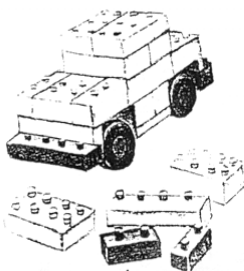
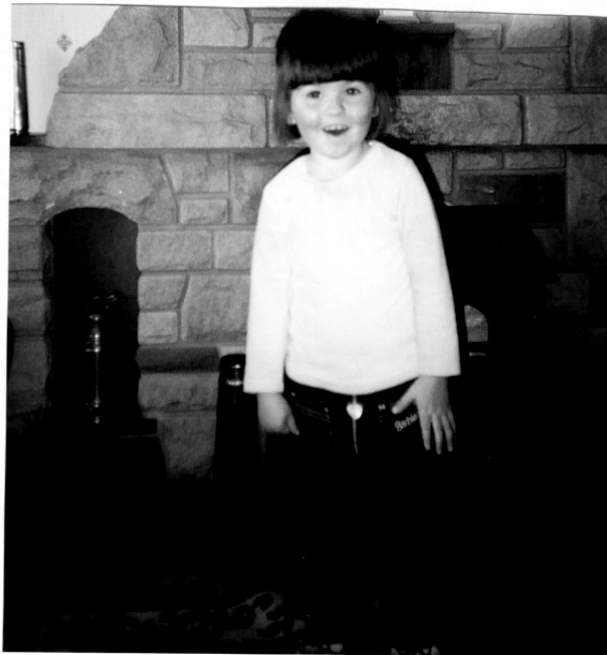
Right-handed or left handed

- When babies start to use their hands, they use both hands equally. Between 15 and 18 months of age it is usually possible to know whether the child is going to be right- or left handed. Most children are right-handed, but a few can use both hands with equal ease (they are ambidextrous).





ALSO Imitative play - 'bathing' a doll, cooking housework, gardens etc! Will watch with enjoyment e.g. Teletubbies.



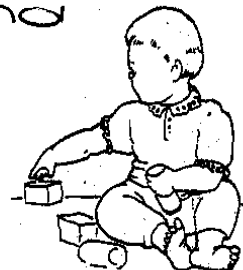
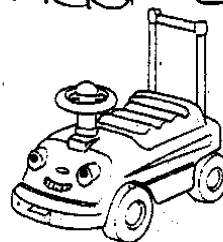
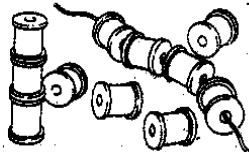
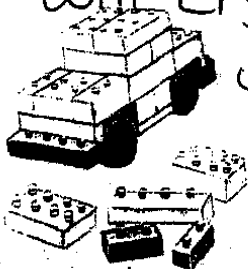


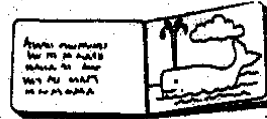
Toys

- The child should/could be using crayons, paper, paints, plasticine, Big construction sets eg. Lego, large simple jigsaw puzzles. Also 'kitchen' toys - pastry, soap suds for bubbles, squeeze bottles etc. Both toys - boats ducks - will be much enjoyed.

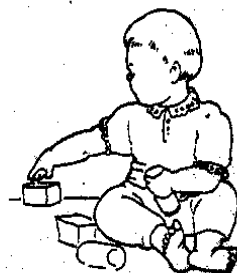
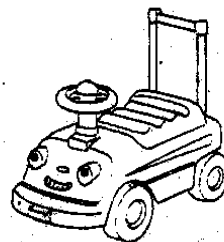
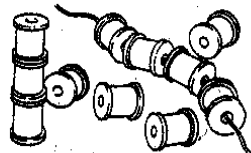
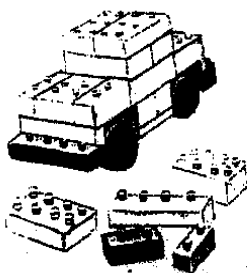
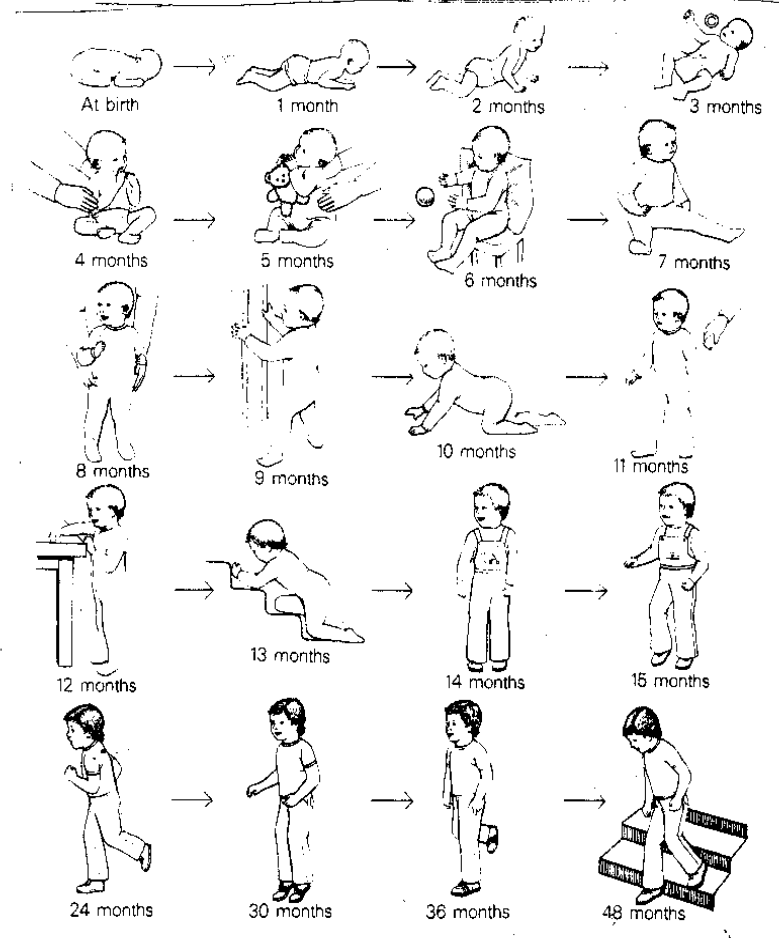
Play

- They explore games enjoyed - hide and seek, etc. Also will tolerate company of other children, though not yet ready for co-operative play. Can learn to swim, given the chance. Will enjoy sand mud and water play.





Milestones of Physical Development



HOW A
3D
MONTH
CHILD
DEVELOPS
PHYSICALLY

watching what is going on at a certain time

- planned activity

Methods of Observation

Comparing

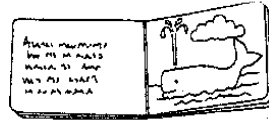
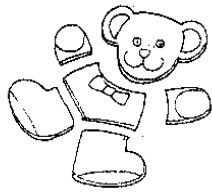
2 children on the same activity

looking and observing without organising a set activity -

All of the activities I have chosen, are ones that a 30 month year old may be able to do, although I don't think that I will have a conversation with Demilyn as an activity because it is not really physical development.

It will be interesting to see how Demilyn does the activities and I have chosen them from my research in the Task Analysis.

I have tried to choose different methods of observation, but in my final choice I may decide not to use all of them.

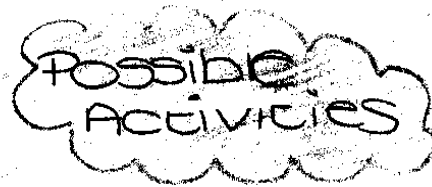


Painting

Drawing

Throwing/
catching
a ball

Building
blocks

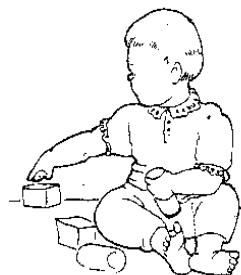
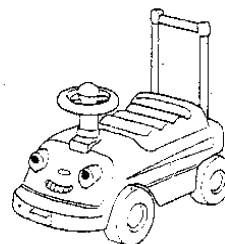
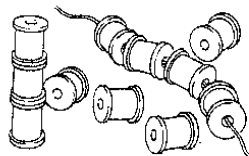
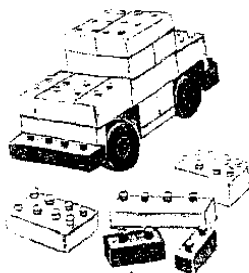


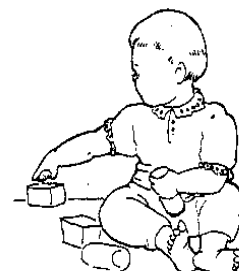
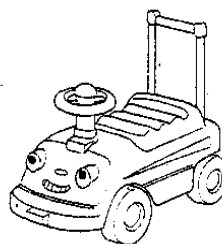
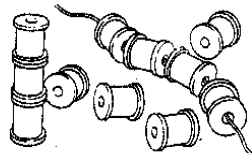
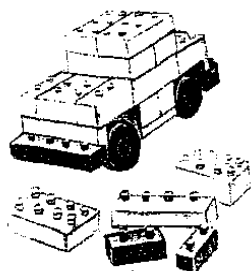
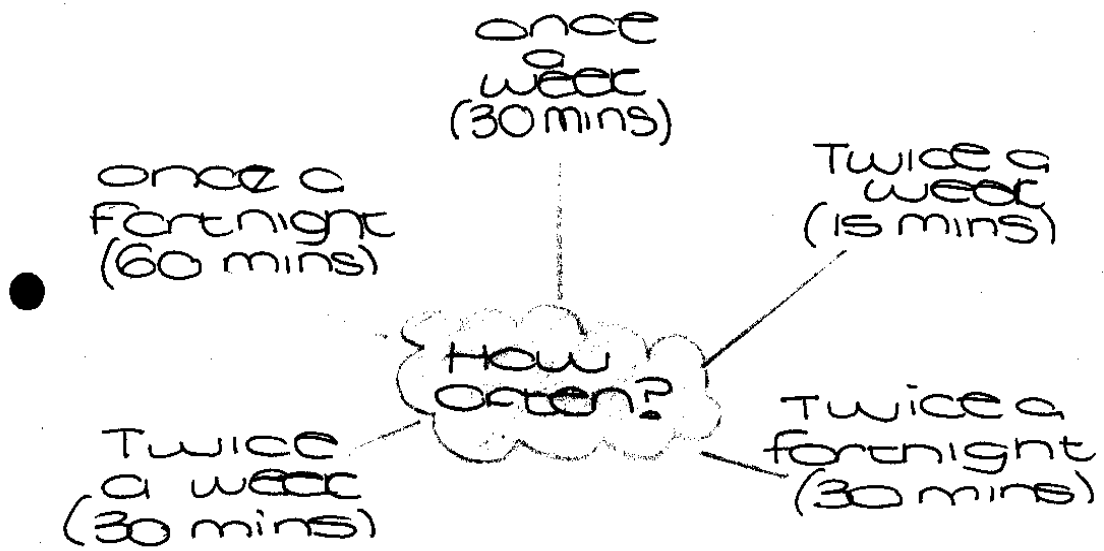
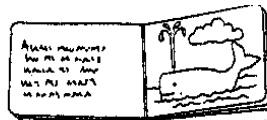
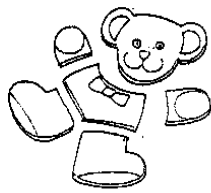
Dressing/
undressing

Conversation

Meals/
eating

Jigsaws

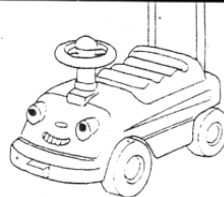
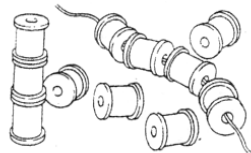
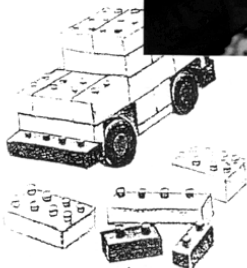


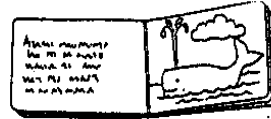
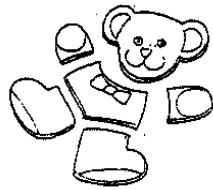




How often I will
visit Demilyn.

I will visit Demilyn once a week for 30 minutes, I have chosen that because it is best for her parents and me, because of their work and my school.



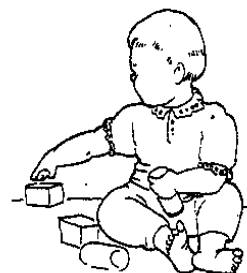
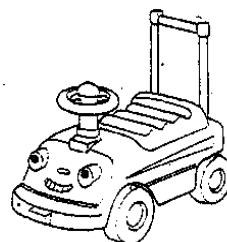
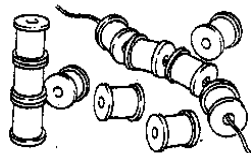
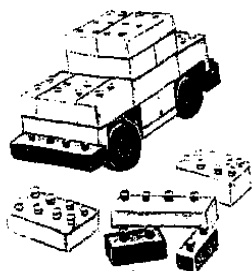


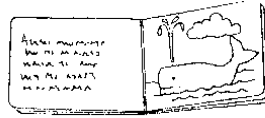
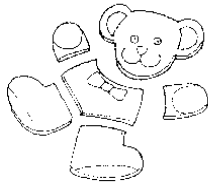
Activities I will
observe and carry
out

- Nursery Rhymes - I will observe
How Demilyn uses her arms
and body for actions.

- Meals/eating - I will observe
Demilyn to see how she uses
her hands, with her knife and
fork.

- Drawing - I will observe
Demilyn drawing pictures to
see what she is able to draw.





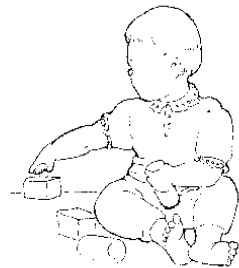
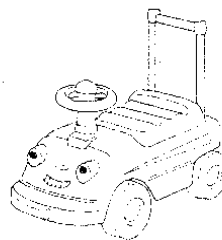
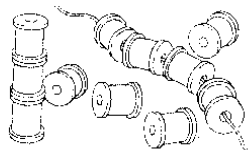
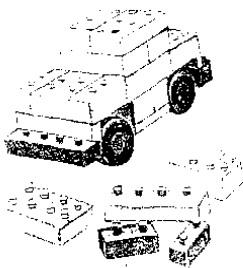
VISIT ONE - Throwing & catching

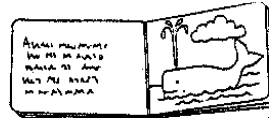
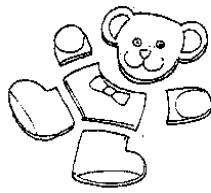
VISIT TWO - meals/eating

VISIT THREE - NURSERY RHYMES
(actions)

VISIT FOUR - Drawing

VISIT FIVE - Dressing/undressing



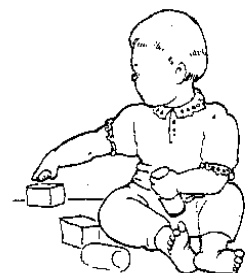
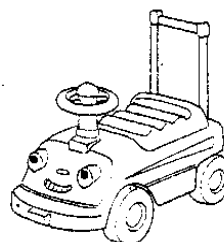
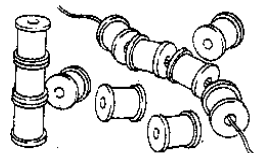
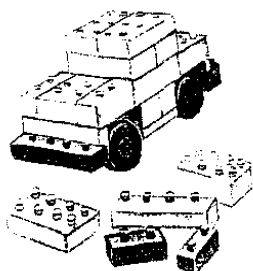


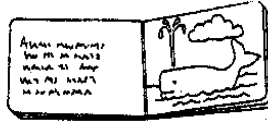
visit one - I am going to visit Demilyn and carry out a throwing and catching activity to see how Demilyn cooperates.

- I will take a ball with me and do the activity outside. It will take me about 15 minutes.

visit two - on this visit I am going to watch Demilyn eating a meal, I will be

- observing how she holds her knife and fork and how she handles her food. It will take about 20 minutes, depending on Demilyn.





Visit three- on this visit I will attempt to sing some nursery rhymes with Demilyn and do the actions to see if demilyn cooperates or not, the time will be according to Demilyns infusions.

Visit four- I am going to ask Demilyn to draw me certain things e.g. cat and see what she produces. I will take paper and crayons. This should take about 30 minutes.

