

Lesson Number	Title of the Lesson	Skills	Activity
19	Growth and Development (6-11years)	Creative thinking Decision Making	Identify 4 Children in the age group of 6-11 years. Observe their gross motor activities and make a comparative chart
		Problem solving Critical Thinking	

Summary:

Development from birth to old age is a continuous process. It has many stages. Childhood is divided into two substages viz Early Childhood and Middle Childhood. Middle childhood begins from 6 years and continues till 11-12 years. In the Middle childhood there is a growth spurt and children show a sudden increase in their height and weight. *Gross* muscles and fine muscles also show a rapid growth. Muscular coordination improves and the child develops the ability to use language proficiently to communicate. There is a significant increase in vocabulary. They enjoy using tongue twisters and metaphors. Sense of humor develops, and they enjoy jokes. Social and emotional development improves, and they learn to co-exist, cooperate and tolerate others. They become well versed with socially acceptable behavior and norms and learn to follow them. The child in this stage is exposed to a variety of stimulating environment, which in turn help in the development of cognition. It is to be understood that all developments are inter-related. If the physical development is proper, then the child is healthy. A healthy child would be energetic and will have the will to work and learn. He/She will also be happy and so will get along well with peers and other people. On the other hand, poor health can lead to low energy, frustration and irritation. Thus, the socio emotional and cognitive development also suffers. Knowledge of developmental pattern ensures good nutrition and a stimulating & happy environment for the child. This will help the child to achieve all the milestones of development of this stage.

Principal Points

1. Salient Features of Physical Development

a. Growth Spurt

- Sudden growth in height and weight

b. Body Proportion

- Head becomes smaller in proportion to the rest of the body
- Fine muscles develop along with gross muscles

c. Teeth

- 28 permanent teeth by age 11/12 years

d. Bones

- All bones formed
- Grow in size and strength
- Ossification occurs. Bones can fracture on pressure

e. Muscles

- All bones covered with fat and muscles
- Girls gain more fat than boys
- Boys have more muscles than fat

Build your understanding

1. Muscular Coordination

Fine Muscle coordination	Gross muscle coordination
Movement of small muscles like fingers	Movement of large muscles
Picking up small objects	E.g. muscles of hands & legs
Manipulating pencil/pen	Running, skipping, climbing
It follows gross motor coordination	Precedes fine motor coordination

- **Muscle coordination perfected in middle child**

2. Motor Activities and Skills from 6-10 years

Age	Run/Kick/Throw	Balance	Skip/Hop/Jump
6 years	Can throw, run & kick	Balance on one foot for a short while	Skip with both legs, can hop & jump
7 years	Can throw at an estimated distance	Balance on one foot for a short while	Can hop & jump in small squares, skip with both legs
8 years	Throw a small ball/ object at an estimated distance	Balance on one foot for a short time	Skip with one foot in rhythm Can hop & jump in small squares
9 years	Throw at large distances Runs with coordinated movements	Balance on one foot for long periods	Jump from heights
10 years	Can throw and catch with precision	Balance on one foot for long periods	Run & Jump hurdles at the same time

What is Important to Know

1. Salient Features of Language Development

- Basic command over Language complete
- Vocabulary of 14,000-30,000 words
- Ability to use language well
- Sense of humour develops
- Enjoy use of metaphors and tongue twisters

2. Influencing Factors of Socio-Emotional Development

Parents	Peer-Group	School
<ul style="list-style-type: none"> • Should show acceptance to enhance self esteem 	<ul style="list-style-type: none"> • Helps to compare and evaluate oneself 	<ul style="list-style-type: none"> • Provides enriching environment for physical, cognitive, social & emotional development
<ul style="list-style-type: none"> • Give love & support to enhance self confidence 	<ul style="list-style-type: none"> • Provides emotion security & comfort 	<ul style="list-style-type: none"> • Provides opportunities to enhance potential

• Discipline positively	• Helps to get along in society	• Helps to improve self esteem & self confidence by praise & rewards
• Provide opportunities	• Helps to become independent	• Provides encouragement & support
	• Helps in releasing stress & frustration in an acceptable way	• Teachers act as surrogate parents and give emotional support in times of stress

Did you know

Characteristics of Cognitive Development in Middle Childhood

a. Concept of Fantasy and Reality

- Learns to differentiate between the two

b. Empathy, Ego centricism

- Learns to understand others point of view

c. Reversibility

- Can trace with expertise all the steps backwards

d. Conservation

- Develops the ability to understand that physical characteristics of objects remain the same even when they appear to be outwardly different

e. Classification

- Realize that objects can be classified in many different ways

f. Seriation

- Can arrange items serially, either in ascending or descending order

g. Time and Speed

- Can read time, understand concepts like early, late, quick, slow, now, later
- Can judge the speed of a moving object

Extend your Horizon

Sensitive Period

- It is the time when one can learn specific activity most effectively
- Skills in this period can be learnt easily
- For example: 6–11-year-olds can master the skill of writing as fine muscles are completely developed

Evaluate yourself

- Explain the terms Egocentricism and Empathy
- Why is it important to wait for the sensitive period before teaching a skill?

Maximize your marks:

- Attempt all the exercises given in the lesson
- With the help of an activity explain the concept of conservation