

AGE RELATED DEVELOPMENT

4 to 7 years Old

Cognitive Development: An early start to activity enhances the development of brain function. When children are physically active, they build confidence, social skills, emotional control and imagination. All this while reducing stress and improving sleep.

Sleep: Sleep is fundamentally important to growing bodies and minds. Children between the ages of four and seven should get 10 to 11 hours of sleep a night. In fact, at this age, sleep is fuel for growth. When young people don't get enough sleep the growth hormone their bodies produce is stunted. So sleep is more important than most kids and leaders know!

Hydration: At this age, water typically makes up half a child's body weight, and is crucial to keeping their young bodies functioning properly. To do this, four to seven year olds need to drink at least one to one and a half litres of water per day.

Emotional Development: Kids this age are exploring the world through their growing independence, and they still love imaginative games. Give them opportunities to learn fundamental skills like balance and coordination through group games and role play. Also set challenges they can achieve so they gain confidence in their bodies and their abilities.

Physical Development: Children this age need to focus on their agility, balance, coordination and speed. These skills are essential for developing the fundamentals of movement which create the foundation for physical activity. Together, the movement and physical activity fundamentals form the basis of physical literacy. So give your participants lots of opportunities in safe environments to test what their bodies can do, and be sure to introduce new skills only when the basic ones have been mastered.