

## Characteristics of Five and Six year olds

### What are they like:

Improved coordination  
Very flexible  
Short attention span  
Curious  
Active and energetic  
Boys are aggressive and deliberate  
Egocentric  
Know everything  
Possessive  
Doesn't take risks  
Clumsy

### What they need:

Small Groups  
Needs supervision, accepts supervision  
To be creative  
To explore  
Vigorous play  
Play alongside each other (not cooperative)  
Needs challenge without pressure  
Simple rules

### What they like:

Walk, run, climb  
Start, stop and turn  
Basic throw/catch  
Bouncing a ball  
Active games  
Kicking  
Swim (play /float)

## Characteristics of seven and eight year olds

### What are they like:

More eye / hand coordination  
Less boisterous  
Not as flexible  
More patience  
Skip rope skillfully  
Realize world doesn't revolve around them  
Don't like to be touched or held  
Other kids seem to be unfair and mean  
Protects by withdrawal  
Very outgoing  
Must complete task chosen

### What do they need:

Perfections of known skills  
Active/non-active balance  
Enjoys group games and combination movements  
Pays attention for longer  
Cooperate  
Adult supervision still  
Group activities

### What do they like:

Relay races  
Jumps well  
Skill-full activities  
More complicated  
Adventurous  
Rhythms of spontaneous or dramatic nature  
Jump  
Skip (girls)

## **Characteristics of nine to twelve year olds**

### **What are they like:**

They grow steadily in muscles, bone, heart and lungs

They enjoy rough and tumble activities

Sex differences begin to appear with girls taller and more mature than boys. Sex antagonisms may appear

They respond differently in varying situations

They have a strong sense of rivalry and crave recognition

They may show increasing independence and desire to help

They want to be liked by their peers; to belong. Strong loyalty to teams, groups, gangs.

They want approval but not at the expense of their group relationships

### **What they need:**

Strenuous activity

Activities that use roughness

Enjoy roles as boy or girl. Enjoy joint and separate Activities.

Participate in wide range of activities using many kinds

To succeed in activities that stress cooperative play as

Well as activities that give individual satisfaction

To plan, lead and check progress

To belong to groups / teams.

To gain respect and approval of the group  
the eyes of the group

### **What they like:**

Running, jumping, climbing, hard play

Bumping, pushing, contact activities

Group games (volleyball, red rover, etc)

Individual, dual, small or large group

Self testing activities such as track

and team play and artistic expression

Assist with officiating, help w/ equip.etc

Partner play : tennis or horse shoes

Participate in activities they achieve in