

## 3-year-old Child Observation Report Sample: Physical and Cognitive Development

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## Introduction

Physical and cognitive development of a 3-year-old male named Christian has been evaluated by the completion of several exercises, which were video recorded. A therapist directed these activities, which also included his six-year-old sister, Clara. Christian spends two days a week at kindergarten and the rest at home with his parents and sister, when she is not at school. He is more interested in active play such as riding a balance bike (no pedals) and skateboard of which he has reasonable command, rather than performing sedentary activities like drawing. This assignment focuses on gross motor, fine motor, language and communication, cognitive and psychosocial area milestones and whether or not Christian has achieved them. Christian is observed in a classroom where multiple activities are offered such as drawing, playing with toys and various physical events like hopping and catching a ball. Information is also sourced from his parents. His development will be compared to what is expected of a three-year-old (Queensland Health Child Development Milestones) to establish whether the appropriate standards have been reached. Theories of lifespan development including Piaget's and Erikson's will be linked to Christian's performance.

## In-Depth Analysis (Gross Motor)

Movement is a sequence of patterns of both gross and fine motor skills along with fundamental movement skills. Christian undergoes various activities which involve controlling larger muscle groups; for example, walking, throwing, or jumping. These abilities aid development and coordination of the arms, legs, hands, feet, head, neck and torso. Important characteristics of gross skills include postural control (both static stability and dynamic control), body awareness and muscularity. These are essential skills for life, and supporting the growth of a child's gross motor development enhances their short and long-term physical outcomes.

# Physical Development Observation Essay

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