



# Child Development Skills (Ages 5–12)

## **Ages 5–6: Building the Foundations**

Children are developing core body control and basic cognitive focus.

- Balance, Coordination, Symmetry
- Gross Motor Skills (big movements like running, jumping, climbing)
- Motor Planning (figuring out how to move before doing it)
- Fine Motor Skills (hands and fingers, early handwriting and manipulation)
- Posture Control & Body Awareness (holding themselves upright, knowing where their body is in space)
- Hand-Eye Coordination (catching, throwing, aiming)
- Selective Attention (focusing on one thing while ignoring distractions)
- Working Memory (holding simple information in mind briefly)
- Self-Regulation (early emotional and behavioral control, still very fragile)

## **Ages 7–8: Refining Movement and Attention**

Movements become smoother and more efficient, while attention systems get stronger.

- Agility & Speed of Execution (quicker, more precise movement)
- Physical Endurance (sustaining activity for longer)
- Visual-Spatial Ability (judging distance, direction, positions)
- Attention Switching (shifting focus between tasks or stimuli)
- Inhibitory Control (stopping an impulse before acting)
- Reaction Time (responding faster to cues)
- [Eye Tracking and Visual Attention] (following moving objects, scanning a scene)
- Social Responsiveness (reading others' cues and responding appropriately)

## **Ages 9–10: Executive Function & Performance**

Higher-level thinking and “coachability” get stronger, which shows up in learning and behavior.

- Cognitive Processing Speed (thinking and responding more quickly)
- Pattern Recognition (spotting trends, rules, and structures)

- Task Switching (moving between tasks without getting lost)
- Memory Recall (pulling stored information out when needed)
- Decision-Making (choosing between options more deliberately)
- Goal-Oriented Behavior (working toward a target over time)
- [Error Monitoring and Correction] (noticing mistakes and adjusting)
- Motivation (more internal, not just based on immediate rewards)
- [Engagement and Adherence] (sticking with routines, following programs)

## **Ages 11–12: Higher-Order Skills and Health Outcomes**

**As children approach adolescence, academic and health-related outcomes become more visible.**

- Mathematical Skills (using patterns, logic, and quantitative reasoning)
- Behavioral Health Enhancement (more consistent routines and healthier habits)
- Mental Health Improvement (better insight into feelings and coping)
- [Cardiovascular and Physical Fitness] (greater capacity and performance with training)

