/14 C /8 T /4 A /26 total

**Phases of Movement Observation Lab - VIDEO VERSION**

Child 1 Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Child 2 Age:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Instructions:** You will find a video of 2 different children ages 3-6 years old doing specific types of skills. You are to watch the children perform each skill and record your observations of their throwing, kicking, and developmental milestones.

1) Below is a general diagram depicting overhand throwing.



1. Observe two children throwing a ball. Find two different children of similar age. Fill out the chart below describing what you saw for each phase and compare to the diagram above. [C6]

|  |  |  |
| --- | --- | --- |
| **Phase** | **Child 1** | **Child 2** |
| Preparation |  |  |
| Execution |  |  |
| Follow Through |  |  |

b) Find two different videos of children around the age of 3 catching a ball. What did you notice about the child catching the ball? Describe your observations. [C2]

**Child 1:**

**Child 2:**

2) Below is a general diagram of kicking a ball.



Observe two children kicking a ball. Find two different videos of children around the age of 3-6 kicking a ball. Fill out the chart below describing what you saw for each phase and compare to the diagram above. [C6]

|  |  |  |
| --- | --- | --- |
| Phase | Child 1 | Child 2 |
| Preparation |  |  |
| Execution |  |  |
| Follow Through |  |  |

3) a) Read through the Gross Motor Development Milestones Kid’s Sense article.

https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-chart/

List which developmental milestones each child has reached. Watch the video: <https://www.youtube.com/watch?v=VkMzYj_jSGE> (Child 1.).

Also watch and observe child 2:

<https://www.youtube.com/watch?v=FhqBuSXeKyw> (2 years old).

. *Ex. At age 3, children should be able to jump in place with two feet.* [TI4]

Child 1 milestones:

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Child 2 milestones:

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b) Now try to determine which milestones the child has yet to reach. *Ex. At age 4, children should be able to walk on a line. Try and find two different videos of two different 4 year olds trying to walk on a line. If they cannot, they have not reached this milestone yet.* [TI4]

Child 1 milestones not yet reached. Did they reach this milestone?:

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Child 2 milestones not yet reached. Did they reach this milestone?:

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4) What fundamental movement skills did you observe today?

List two examples (*FMS category AND the name of the skill*) from each child that you observed on the videos. [4A]