

PHYSIOLOGIC AND PHYSICAL PARAMETERS DURING DEVELOPMENT

	AGE (yrs)									
	0 - 2	2 - 4	4 - 6	6 - 8	8 - 10	10 - 12	12 - 14	14 - 16	16 - 18	18 - 20
MOTOR SKILLS	---	---	---	↑↑↑↑	↑↑↑↑	↪	---	---	↪	↪
MOVEMENT SKILLS	---	---	---	↑↑↑↑	↑↑↑↑	---	↑↑↑↑	↪	↪	↪
STRENGTH DEVELOPMENT	---	---	---	---	---	---	↑↑↑↑	↪	↪	↑↑↑↑
BALANCE/COORDINATION	---	---	↪	↪	↪	---	---	↪	↑↑↑↑	



Maximum change, key development



Large continuing change



Little change to gradual increase