





2 The Stages of Growth and Development

 Although there is considerable variation among individuals as we grow and develop, there are distinct stages of the life cycle that are marked by numerous physical and psychological changes. Summarize these characteristics by completing the table below.

Stage of Development	Age Range	Notable Changes and Characteristics
Infancy		
Childhood		
Early childhood		
Mid-childhood		
Late childhood		
Adolescence		

3 Do You See What I See?

 As a group, discuss the differences in activity and activity levels between girls and boys at various ages/stages of childhood. Think back to your own play at recess, from primary classes through to elementary. Students who have younger brothers and sisters can compare today's activity levels to when they were children. Write a short review of your conclusions, commenting on any potential long-term implications for health.



3

YOUTH SPORTS (Textbook pages 384–388)



1 Key Terms and Definitions



Define the key terms below in your own words.

Key Term	Definition
biological age	
chronological age	
criticism sandwich	
early specialization	
late specialization	



2 Promote and Prevent



Children participate in sport and physical activity for various reasons. The reasons they drop out are equally diverse. As a class, brainstorm ideas that could help promote and foster physical activity participation among youth. Then come up with ideas that could help prevent youth from dropping out of sports.

Using some of the ideas generated by these discussions, set some specific personal goals that will help you pursue lifelong physical activity and health.
