**Individual Case Study- Psychomotor Development**

Psychomotor development is important for all growing children. This particular development helps with the overall development of the child. Psychomotor development is “the progressive attainment (by a child) of skills that involve both mental and muscular activity” according to the Medical Dictionary. Within that includes physical, social, emotional, cognitive and language development. Physically, a child needs to build their muscle which creates body awareness and proper coordination. Social interaction between a child, classmates, or friends helps prepare for future relationships. The Encyclopedia of Children’s Health states, Cognitive development is a key attribute that allows a child to process information, as well as “remembering, problem solving, and decision-making, from childhood through adolescence to adulthood”. Emotional development allows for a psychical relief of built up tension, stress and can also permit as a way of calming down a child after an episode. Lastly, language is the key basis for life long communication. In essence, psychomotor development can only help benefit a child.

Gross motor development is the use of the large muscles in the body for local motion. Gross motor development includes but not limited to running, kicking, bending, swimming, lifting, dancing, and climbing. For example, Krishawn used both of his legs in order to run from the sand area over to the arts and crafts table in rapid motion (Horizontal Checklist). Also, near the sand area, he bends down with his knees bent and arms extending passed his knees, while his hands set right in front of his shoes while grasping a handful of sand relocating it to another area During dance time in the Green rug area, Krishawn rotates and twists his hips from left to right creating dance moves (Vertical Checklist).

Fine motor development is the manipulation of the hands and the fingers, in other words, it is what the hands and fingers look like while in motion. Krishawn used his right hand (index and thumb) creating a pincer grasp allowing him to loosen the muscles in his fingers on his left hand as a group exercise. Krishawn similarly used the same motion, the pincer grasp as he removes an unwanted item from his mouth, after flicking it from his mouth on to the floor using his thumb and index finger. His thumb appeared to be slightly bent upward creating a slight C-shape while his index find curled under touching his thumb creating a flicker motion. While playing, Krishawn also used all of his fingers, excluding his palm to control the cooking utensils (Vertical Checklist).

Mastery of discrete movement is the usage of one set of muscles or group of muscles that are active while the rest of the body is silent. As Krishawn sat at the lunch table before the food was entered into the room, he sits swinging his legs back and forth, over and over again with his legs in opposition. From the waist up, his body had remained still (Vertical Checklist).

A use of force is always displayed in everyday life. Such as putting blocks back in a box or pushing in a chair neatly. This means the understanding of how much force is needed to complete a task. Krishawn is able to squeeze a nozzle containing liquid, allowing it to flow out into a plastic shaped ben without creating a mess (Horizontal Checklist).

Hand dominance is the use of one predominant hand or the hand that is used more frequently. Krishawn used his right hand to make stamp imprints on the paper with a closed fist to grip the stamp. He used his right hand as well to cut a circle out of the paper. Lastly, he used his right hand again to grasp a pencil constructing an image on paper (Horizontal Checklist).

Development of laterality is a sense of balance between the two sides of the body. For example it can be something as simple as running with arms in opposition of one another. Krishawn can get on the tetter-totter and balance himself from side to side without falling off. Development of midline can be summed up as crossing over to the vertical center of the body with dominant hand. A prime example of that would be when Krishawn reached over with his right hand, crossing over the left side of his body to retrieve the scissors (Vertical Checklist).

Krishawn has fully mastered the art of gross motor movement as it pertains to physical play. He successfully traveled around the outside play area running while dragging is kite right behind him (Vertical Checklist). All in all, observed patterns of fine and gross motor usage is the use of motor to stimulate person’s senses. He is about 15% fine motor development and 85% gross motor development.

Works Cited

“Children's Health.” *Cognitive Development*. Advameg, Inc., n.d. Web. 16 Oct. 2012.

“Psychomotor Development.” *TheFreeDictionary.com*. N.a, n.d. Web. 16 Oct. 2012.