

The King's Academy - CACHE
Unit 2 PIES Development
Knowledge Organiser Vol. 4



PIES Development 4th & 5th years

1	Emotional and social development milestones at this age include: <ul style="list-style-type: none"> Enjoys playing with other children and pleasing his or her friends Shares and takes turns, at least most of the time, and understands rules of games Pretend play with others, Imitation Is becoming more independent Expresses anger verbally, rather than physically (most of the time)
2	The physical milestones of a 3-5 year old are; <ul style="list-style-type: none"> Stand on one foot for more than 9 seconds Do a somersault and hop Walk up and down stairs without help Walk forward and backwards easily Peddle a tricycle Copy a triangle, circle, square, and other shapes Draw a person with a body Stack 10 or more blocks Use a fork and spoon
3	Communication development between 3-5 includes being able to put sentences together, increased vocabulary, following stories and using questions.
5	Intellectual milestones for a 3-5 year old include; understanding rules, recognising letters and shapes, increased concentration and showing understanding of their experiences.

Key Terminology		
1	Growth	An increase in height and/or weight
2	Development	An increase in control over the body (and mind, e.g. becoming more mature and not having tantrums)
3	Physical	Ways that we develop biologically
4	Milestone	Points of development that children are meant to reach at specific times in their life
5	Intellectual	Development of thinking and language skills
6	Social	Developing relationships
7	Emotional	Developing feelings for yourself and others
8	Norm	The normal rate of development
9	Motor	Movement skills
10	Gross	Larger movements such as walking and running
11	Fine	Small movements using a pincer grip e.g. threading a bead

Links to Criteria	
D1	Describe the expected pattern of development of children aged 0-5 years for one of the areas of development
D8	Include at least one reference and a bibliography



Points to remember

1	Being a good role model is important as children learn behaviour through imitating those around them
2	The good behaviours we look for are; To wait for needs to be met, e.g. at meal times <ul style="list-style-type: none"> To share toys or food with one other child with adult help To play alongside other children To sit and share a story for five minutes To say please and thank you if reminded To follow simply instructions with help, such as 'Wash your hands'
3	It is important for a child to develop strength, dexterity, balance and coordination
4	There is overlaps with social, communication and emotional development especially when it comes to play
5	There are three types of play solitary, where they play alone, parallel where a child plays alongside another and co-operative where children play together



ALTERNATIVES TO THE PHRASE "CALM DOWN"

1. I SEE THAT YOU ARE HAVING A DIFFICULT TIME, LET ME HELP YOU.
2. TAKE A DEEP BREATH.
3. IF YOU NEED TO HIT SOMETHING, HIT THIS PILLOW.
4. THAT CAN BE SO FRUSTRATING, LET'S FIGURE THIS OUT TOGETHER.
5. I SEE THAT YOU ARE MAD, HOW DOES THAT FEEL IN YOUR BODY?
6. COUNT TO 10.
7. WANT TO SQUEEZE MY HAND?
8. HOW ABOUT A BIG HUG.
9. LET'S FOCUS ON FIXING THE PROBLEM TOGETHER.
10. IF YOU ARE FEELING SAD, YOU CAN TELL ME ABOUT IT.

