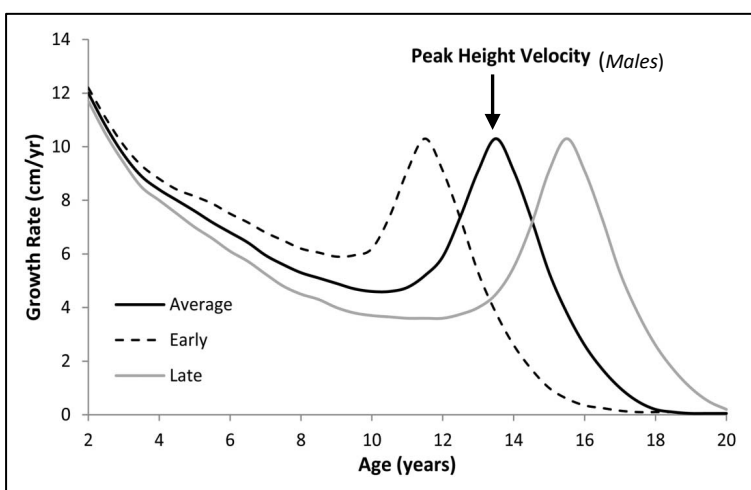


How will my child physically develop?

- Physical development occurs in a dynamic and **non-linear** fashion, whereby children and adolescents will grow quickly, slowly, or not noticing much change.
- Growth occurs relatively consistently throughout childhood, but adolescence is a time where young people experience much more noticeable changes due to the onset of puberty.
- The adolescent growth spurt represents a time when young people experience large and rapid changes in height, with the most rapid growth rates (termed peak height velocity – see figure below) occurring on average at age 12 in girls and 14 in males.
- Approximately 6-18 months after peak height velocity, young people will experience their largest change in weight as muscle is developed due to their heightened hormonal levels.
- Parents should remember “children are first stretched before they are filled” out”

Chronological age refers to the time from birth, while biological maturation refers to the progress towards a fully mature state. Importantly, parents should remember that biological maturation can vary dramatically between a group of young people in terms of *timing* (when it starts), *tempo* (how quickly someone matures) and *magnitude* (the amount of change). Differences in physical development due to maturation can often explain why certain children may appear more (or less) dominant within sport.



Adolescent awkwardness

This period involves adolescents experiencing a temporary breakdown in coordination as a result of getting used to moving with longer limbs. This might last for 6 months, but should settle once the individual gets used to their newly sized body!

Based on:

Lloyd, R.S. et al. (2014). Chronological age vs. biological maturation: implications for exercise programming in youth. *Journal of Strength and Conditioning Research*, 28(5), 1454-1464