Today, *you* are the research participants.
Complete the physical challenges and analyze what your body reveals about developmental theory. You MUST try all the activities.

Station 1:

Task: Balance on one foot for 90 seconds.

- What systems are working together? (Vestibular? Cerebellum? Core stability?)

  _____
  _____

- Why can't toddlers usually do this?

  _____
  _____

- Is this gross or fine motor skill?

  _____
  _____

Station 2:

Pat your head and rub your stomach.

Did your brain "freeze"?

_____
_____

- What does this show about bilateral coordination?

  _____
  _____

Station 3:

Write your full name with your non-dominant hand.

Rate the handwriting from 1 (preschool chaos) to 5 (publishable).

- When is handedness typically established?

LIVEWORKSHEETS

- What does this say about neural lateralization?

- Why does practice matter?

Station 4:

Draw a square with one hand and a circle with the other at the same time.

Which hand "took over"?

- Is this task proximal control or distal precision?

- How does fine motor coordination develop in early childhood?

Station 5:

Create a small paper target and try to hit it from a moderate distance.

What influences accuracy? (Vision? Motor planning? Experience?)

- Why do children improve dramatically in throwing skills between ages 4–10?

LIVEWORKSHEETS

Station 6:

Hop on one foot while picking up something from the floor without losing your balance.

- Around what age do children master hopping?

  _____

  _____

- What systems must mature for this to happen?

  _____

  _____

- Static vs. dynamic balance — what's the difference?

  _____

  _____

LIVEWORKSHEETS

TASK	**What's the level of difficulty? (1–5)**	**Is it a Gross or Fine Motor skill?**
Balance your body standing on one foot for 1:30 mn		
Pat your head and rub your belly		
Draw a square and a circle at the same time		
Write your full name with your non-dominant hand.		
Create a small paper target and try to hit it from a moderate distance.		
Hop on one foot while picking up something from the floor without losing your balance		

LIVEWORKSHEETS