

School-Age Developmental Checklist 11 – 12 Years Old

CHILD'S NAME:		Age:		Date of Completion(s):
Developing Physical Skills	Yes	No	Sometimes	Comments
1. Works at improving both large and small muscle skills				
2. Pushes limits of existing skills; takes physical risks within safe limits				
3. Exhibits increased muscle power and endurance				
4. Participates in physical activities that promote health and stamina				
5. Chooses nutritious snacks and foods that support healthy development				
6. Engages in organized sports and games				
7. Paces self; participates in both active and relaxing activities				
8. Appears comfortable with their own physical changes				
Overall comments/suggestions to support child in developing a positive sense of self:				Items to collect for portfolios:

Developing New Thinking Abilities	Yes	No	Sometimes	Comments
1. Thinks in abstract terms (e.g., can think about people, places, events, situations beyond the immediate time and place)				
2. Exhibits reading and writing skills				
3. Uses step-by-step problem solving				
4. Exhibits math skills: adds, subtracts, multiplies and divides with ease during program activities				
5. Exhibits empathy; can look at things from different perspectives				



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6. Exhibits growing moral development; considers “gray areas” when thinking about what’s right and what’s wrong				
7. Sustains attention for long periods of time; participates in long-term projects				
8. Uses analytical skills to ask key questions and/or questions limits or authority				
9. Engages in activities that involve exploring, inventing, experimenting, and creating				
Overall comments/suggestions to support child in developing a positive sense of self:	Items to collect for portfolios:			

Developing Social Skills	Yes	No	Sometimes	Comments
1. Exhibits interest and need for peer group acceptance; mimics teenage behaviors				
2. Seeks out adults as role models, confidants, and sources of guidance, support, and encouragement				
3. Uses social skills during cooperative games and group sports				
4. Uses social manners and politeness when interacting with others				
5. Exhibits good sportsmanship and team spirit during sports and other team activities				
6. Participates in group projects and/or clubs to accomplish shared goals				
8. Enjoys teaching/mentoring others and/or learning with others				
8. Participates in social activities such as singing, dancing				
9. Exhibits ability to monitor and direct own behavior				
Overall comments/suggestions to support child in developing a positive sense of self:	Items to collect for portfolios:			



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Exploring the World Beyond Home and Family	Yes	No	Sometimes	Comments
1. Exhibits interest in community involvement				
2. Exhibits interest in current events				
3. Expresses interest in making a difference in the community – having a positive impact				
4. Participates in projects to help others in the community or to improve the community				
5. Exhibits interest in the cultural traditions and artistic efforts of others				
6. Engages in community field trips that provide interaction with adults in the community				
7. Participates in follow-up learning activities after field trips				
8. Expresses interest in learning about/traveling to other communities, states, or countries				
9. Explores different opinions, values, beliefs, viewpoints in conversations with peers				
Overall comments/suggestions to support child in developing a positive sense of self:				Items to collect for portfolios:

Developing Competencies	Yes	No	Sometimes	Comments
1. Exhibits interest in exploring new interests and related skills				
2. Appreciates structure, clear limits, and guidance when learning and practicing skills				
3. Works on developing and improving skills required for special interests and hobbies				
4. Sets goals and develops plans for improving skills to develop talents and life skills				
5. Focuses and sustains attention when mastering skills and developing abilities				
6. Participates in long-term activities that foster skill development and sustains interest in projects to completion				



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7. Engages in demonstration of skills to others and being acknowledged for achievements				
Overall comments/suggestions to support child in developing a positive sense of self:			Items to collect for portfolios:	

Developing a Positive Sense of Self	Yes	No	Sometimes	Comments
1. Exhibits self-confidence related to physical appearance and abilities; appears comfortable with continuing physical changes				
2. Exhibits self-confidence when interacting with others; builds positive relationships with others				
3. Reflects on personal identify (e.g., Asks questions related to themes such as “What do I care about?” “What are my dreams and goals?” “What are my hopes for the future?”				
4. Exhibits self-confidence about personal strengths, talents, and abilities				
5. Maintains friendships across gender groups				
6. Exhibits caring and concern for others				
7. Expresses emerging sense of self through music, dance, drama, arts, writing (poetry, journaling) etc., and personal style				
8. Uses mistakes as a learning tool; is not discouraged by mistakes				
Overall comments/suggestions to support child in developing a positive sense of self:			Items to collect for portfolios:	

Moving Towards Independence	Yes	No	Sometimes	Comments
1. Volunteers to take on jobs and responsibilities				
2. Exhibits reliability; follows through on commitments, responsibilities, and independent tasks				



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3. Exhibits resourcefulness				
4. Faces problems and challenges with confidence				
5. Assumes a leadership role in initiating and implementing projects to pursue interests shared with others				
6. Pursues personal interests independently				
7. Expresses personal opinions, values, attitudes and beliefs verbally and in writing				
8. Analyzes problems and negotiates positions with other children and adults				
9. Evaluates alternative choices and makes responsible decisions about using time and resources and creating positive friendships and associations				
Overall comments/suggestions to support child in developing a positive sense of self:	Items to collect for portfolios:			

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Draft 9/12/2024



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