

Highlights of CAP Model

C=cognitive

A=affective

P=physical

Cognitive:

3-5

- Unable to reverse directions (demo same direction they are facing)
- Process 1-2 pieces of information (example: “Can you make your big stop at the purple cone?” Not, “Can you make your big stop, keeping your toes together and stop at the purple cone and wait for me?”)
- Play next to other kids, not necessarily with them
- Loves “Knock, Knock jokes”
- Sight and vision are not fully developed
- Probably does not know left from right

6-8

- Can reverse directions
- Process 2-3 pieces of information (example: “Can you make your big stop keeping your toes together? Not, “Can you make your big stop, keeping your toes together and stop at the purple cone and wait for me?”)
- Potty talk is great fun
- Knows adults don’t have all the answers, so they can be tricked
- Sight and vision will develop fully (depth perception may impact confidence)
- Probably knows left from right

9-12

- Process many pieces of information (example: ‘Can you make your big stop keeping your toes together, and stop at the purple cone and wait for me?’ Not, “Can you make your big stop, keeping your toes together and pushing on the front of your boot?”)
- Put pieces of information together (example: If I go really fast and don’t make turns on hill what might happen?)
- MAY be learning to think abstractly
- Adult thought patterns without the experience (usually starts closer to 12 y.o. than 9 y.o.)

Affective

3-5

- Separation anxiety (especially if not in day care or school yet)
- No concept of others needs or wants (“But I don’t have to go to the bathroom”)

6-8

- Aware of other needs and wants, not able to act on them (“You are so stupid, you like pepperoni”)
- Enjoys being part of a team

9-12

- Beginning to want to “Belong”, does not want to be singled out
- Hormones will become a factor in mood

Physical

3-5

- Gross movements (head down, trunk out)
- Bracing on back of boots for support
- C.M. high because of big head
- Tires easily
- No upper lower/right left separation yet

6-8

- More refined movements (more neurological development)
- More upright stance
- C.M. lower (not to lowest point yet)
- More endurance
- Learning cross lateral movements

9-12

- May revert to more “child like movements” after growth spurt – this is habit rather than necessity
- Can learn adult movement patterns
- Not ready for lots of endurance and intensity in movements (they are ready for refinement but should not generally ski hard and fast for long periods of time)
- Goes through biggest growth spurts (up to an inch in 24 hrs!)
- Girls start to develop hips, boys larger muscles