

gross motor checklist

0-3 Months Old

- Raises head & chest when on stomach
- Stretches & kicks on back
- Opens & shuts hands
- Brings hands to mouth
- Bears weight through feet when held in standing (8wks+)
- Rotates head from cheek to cheek on tummy
- Pushes through forearms on tummy
- Fair head control when held (8wks+)

3-6 Months Old

- Brings feet & hands to mouth to play
- Supported sitting & prop sitting w hands
- Good head control & able to hold in midline
- Holds trunk off legs in sitting (5mo+)
- Rolls tummy to back
- Straightens arms & bear weight on palms during tummy time
- Tracks toys while on back
- Reaches with either hand and can hold a toy
- Transfers object from hand to hand
- Supports whole weight on legs
- Begins to pivot to left and right while on belly

6-9 Months Old

- Rolls back to tummy & tummy to back (no arching!)
- Independent sitting with straight back
- Able to hold and play with a toy in sitting
- Able to break fall with open hand
- Plays in side sitting
- Gets from sitting to crawling position
- Pushes up to hands & knees
- Army crawls & pivots on belly
- Pulls up with hands on table
- Plays on knees
- Transitions from sitting to tummy
- Supports weight & bounces in standing (7mo+)

10-12 Months Old

- Pulls to stand on toy or furniture
- Can stay standing if holding on
- Transitions from sitting to tummy
- Transitions from tummy to sitting
- Transitions from back to sitting
- 4-point crawls (emerges after 3-4 weeks of army crawling)
- Independent standing for 3-5 seconds
- Crawls over parents legs
- Squats to retrieve toy at support
- Cruises along furniture and/or walls
- Pulls to stand, leading with one leg at a time
- Transitions from bear crawl to stand (11mo+)

gross motor checklist

18 Months Old

- Walks independently
- Pulls and pushes toys
- Carries small toys
- Begins to run
(stiff legs and eyes focused on the ground)

24 Months Old

- Squats to pick up a toy and return to standing without falling
- Walks up steps with help
- Takes steps backwards
- Stands on their tip toes
- Tosses or rolls a large ball
- Kicks a ball
- Climbs on and off furniture without help

3 Years Old

- Opens doors
- Throws a ball overhead
- Attempts to catch a large ball
- Walks up steps, alternating feet
- Walks on tip toes
- Walks in a straight line
- Kicks a ball forward
- Jumps with 2 feet
- Pedals a tricycle

4 Years Old

- Hops on one foot
- Stands on one foot for 5 seconds
- Catches a bounced ball consistently
- Moves forward and backward efficiently without loss of balance
- Walks downstairs with one handrail, alternating feet
- Swings independently

5 Years Old

- Stands on one foot for 10 seconds
- Swings and climbs on playground equipment efficiently
- Walks up and down stairs alternating feet without support
- Beginning to skip
- Runs while changing directions efficiently