

# Gross Motor Milestone Checklist

**Every child is different!**

**Please use this checklist as a guideline only**

## 0-3 Months

- ☐ Turns head both ways when lying on tummy
- ☐ Turns head both ways when lying on back
- ☐ Brings hands to mouth
- ☐ Kicks both legs and moves both arms when on back
- ☐ Lifts head momentarily when on tummy

## 4-6 Months

- ☐ Props on forearms while lying on tummy
- ☐ Pushes up on hands while on tummy
- ☐ Brings feet to mouth when lying on back
- ☐ Rolls from tummy to back
- ☐ Plays in side lying
- ☐ Reaches for toys while on tummy
- ☐ Holds head steady in supported sitting
- ☐ Sits leaning forward with hands on floor
- ☐ Rolls from back to tummy
- ☐ Turns in a circle on tummy

## 7-9 Months

- ☐ Sits
- ☐ Reaches for toys in sitting
- ☐ Corrects balance in sitting
- ☐ Army crawling on tummy
- ☐ Plays on hands and knees and may crawl forward

## 10-12 Months

- ☐ Crawls on hands and knees
- ☐ Moves in and out of sitting
- ☐ Pulls to standing
- ☐ Lowers to floor from standing
- ☐ Stands
- ☐ Side steps along furniture

## 13-18 Months

- ☐ Walks
- ☐ Squats to pick up a toy
- ☐ Stands up from the floor
- ☐ Crawls up stairs
- ☐ Runs with frequent falls

## By 2 Years

- ☐ Runs without falling
- ☐ Takes steps backwards
- ☐ Walks up stairs with hand held
- ☐ Walks up at least 2 steps with hand on railing
- ☐ Squats to play and pick up items off floor
- ☐ Kicks and throws a ball
- ☐ Rides on ride toy
- ☐ Rolls a large ball

## By 3 Years

- ☐ Throws a ball overhand
- ☐ Jumps with both feet
- ☐ Stands briefly on one foot
- ☐ Kicks a ball forward by standing on one foot and swinging other leg forward
- ☐ Walk up at least two stairs without hand on railing
- ☐ Walks up stairs with railing and one foot on each step

## By 4 Years

- ☐ Stands on one foot briefly
- ☐ Runs around obstacles
- ☐ Catches a large ball with hands and body
- ☐ Climbs play equipment
- ☐ Jumps down from a step
- ☐ Jumps forward
- ☐ Pedals a tricycle
- ☐ Changes direction while running
- ☐ Swings without being pushed
- ☐ Runs without falling consistently
- ☐ Kicks a ball towards a target
- ☐ Walks down stairs with railing and one foot on each step

## By 5 Years

- ☐ Catches a ball after a bounce with hands only
- ☐ Walks up and down stairs with one foot on each step, may not need the railing
- ☐ Walks on a line
- ☐ Jumps forward a few feet
- ☐ Performs several jumping jacks
- ☐ Hops once on one foot
- ☐ Stands on one foot for 5 seconds
- ☐ Throws a ball overhand with direction
- ☐ Gallops forward

## By 6 Years

- ☐ Skips forward
- ☐ Hops several times on one foot
- ☐ Stands on one foot for about 10 seconds
- ☐ Throws a tennis ball toward a target
- ☐ Catches a tennis ball
- ☐ Walks on a balance beam
- ☐ Rides a bike with training wheels
- ☐ Walks up and down stairs with one foot on each step without railing
- ☐ Sits up from lying without using hands
- ☐ Stands up from the floor with ease

- ☐ Jumps over objects
- ☐ Kicks a ball after running towards it

### By 7 years

- ☐ Climbs and runs with proficiency
- ☐ Throws a tennis ball underhand and overhand with distance and accuracy
- ☐ Jumps a slow turning rope
- ☐ Rides a 2 wheeled bicycle
- ☐ Strikes large stationary objects with baseball bat, golf club, hockey stick or tennis racket
- ☐ Dribbles a basketball with one hand while standing

### By 8 Years

- ☐ Jumps, runs, skips, hops, and gallops in a variety of rhythmical patterns
- ☐ Jumps a self-turned rope
- ☐ Dribbles a basketball with one hand while walking/running
- ☐ Dribbles a soccer ball while walking/running
- ☐ Hits a slow-moving ball with racket/bat
- ☐ Runs in all directions without bumping into things
- ☐ May be able to perform cartwheels, hand stands, etc.