

GROSS MOTOR MILESTONES

BIRTH TO 6 MONTHS



- Sits upright with support
- Holds head steady while sitting
- Lifts head and supports body on forearms during tummy time
- Raises arms and legs during tummy time
- Rolls over

6 MONTHS TO 15 MONTHS



- Walks independently
- Climbs onto low furniture
- Climbs stairs with assistance
- Pushes or pulls wheeled toys
- Kicks a ball while holding onto support
- Catches a rolling ball between the legs while sitting

2 YEARS



- Runs stiffly, sometimes on toes
- Jumps with both feet together
- Walks upstairs while holding the railing
- Walks on tiptoes
- Pedals a tricycle while an adult pushes
- Kicks a ball forward without losing balance
- Rides a rocking horse
- Throws a ball overhand 5 to 7 feet
- Hangs from a bar

3 YEARS



- Throws a ball to an adult 5 feet away
- Catches a ball using arms and body
- Hops twice on one foot
- Balances on one foot for at least 4 seconds
- Walks backward for several feet
- Pedals a tricycle independently
- Walks at least 4 steps on a balance beam

4 YEARS



- Walks upstairs using alternating feet
- Runs smoothly while changing speed
- Skips using alternating feet
- Bounces a ball
- Jumps up and down several times
- Balances on one foot for 5 seconds
- Catches beanbags with both hands

5 YEARS



- Hops on one foot
- Performs jumping jacks and toe touches
- Walks up and down stairs while carrying objects
- Catches a ball with both hands
- Bounces a ball in place
- Jumps rope
- Balances on one foot for 10 seconds