






## Gross Motor Developmental Milestones

Age	Developmental Milestone
6 - 8 months	<ul style="list-style-type: none"> <li>Rolls over from front to back, and back to front</li> <li>Sits independently with back extended</li> <li>Can use both hands to play in seated position</li> <li>Can weight bear in supported standing</li> </ul> 
12 months	<ul style="list-style-type: none"> <li>Crawls well</li> <li>Can enter a seated position without help</li> <li>Can pull up into standing using support or furniture</li> <li>Walks holding on to furniture or push-toy</li> <li>Takes 2-3 steps independently</li> </ul>
18 months	<ul style="list-style-type: none"> <li>Sits, crawls, walks</li> <li>Walks well for short distances, may have a wide base-of-support and falls frequently</li> <li>Crawls up and down stairs with supervision</li> <li>Throws with poor accuracy</li> </ul>
2 years	<ul style="list-style-type: none"> <li>Walks smoothly</li> <li>Walks up and down stairs placing both feet on each step and using a railing for support</li> <li>Walks backwards</li> <li>Begins to run but with poor coordination</li> <li>Jumps down from a raised surface</li> <li>Climbs</li> <li>Kicks and throws a ball with poor accuracy</li> <li>Can carry a toy while walking</li> </ul> 
3 years	<ul style="list-style-type: none"> <li>Improved coordination while running</li> <li>Can stop and change direction without falling</li> <li>Begins to negotiate playground equipment and learns to ride a tricycle</li> <li>Catches a medium sized ball and can throw overhead</li> <li>Can walk on tippy toes</li> <li>Can jump on the spot with feet together</li> </ul> 
4 years	<ul style="list-style-type: none"> <li>Walks up and down stairs with alternating feet</li> <li>Can run around obstacles</li> <li>Can catch a bouncing ball</li> <li>Can walk on a line</li> </ul> 
5 years	<ul style="list-style-type: none"> <li>Stands on one foot for up to 5 seconds</li> <li>Can hop on one foot</li> <li>Walks up and down stairs without support</li> <li>Can move forward and backwards with agility</li> <li>Can catch small balls</li> <li>Begins skipping and galloping</li> </ul> 
6 years	<ul style="list-style-type: none"> <li>Stands on one foot for 10 seconds</li> <li>Mature throwing, running, jumping and kicking patterns</li> <li>Can walk on a balance beam</li> <li>Learns sport specific skills such as swimming, skating, dance, martial arts</li> </ul>