



## **Gross Motor Skills Developmental Milestones for Children Ages Birth – 5 Years**

### *0-3 months*

- Will begin to move both arms and legs in the air and the same time but in different directions. The motions will be fast, jerky and uncoordinated.
- When the baby is lying on his/her stomach, will be able to turn the head from one side to the other side.
- When on stomach, will lift head up off of the floor.
- Head Control: When on his/her back, can be pulled to a sitting position while slowly holding him/her by the hands. The baby's head will be extended back until he/she is in a sitting position.
- Will roll onto back from a side lying position.
- Symmetrical arm/leg movements: The baby will move both arms or both legs up or down at the same time.

### *3-6 months*

- Prone on Forearm: While on stomach, will bend elbows and push up onto forearms, lifting chest and head off of the surface.
- Prone with Arms extended: While on stomach, will push chest off the floor by straightening elbows and keeping hands on the floor.
- With support at trunk and/or hips, will sit on the floor, placing hands and legs in front for support.
- Head Control: When being pulled into a sitting position from lying on back, will keep head facing forward in line with shoulders and chin slightly tucked in toward neck. \*When in a sitting or standing position, can turn head to the left, right, up and down with good control.
- When baby in on his/her back, will bring feet up to hands and/or place them to mouth.
- When placed on stomach, will roll onto side by self. Can roll to either side.
- When placed on belly, will roll onto back (in either direction).
- When placed on back, will roll onto belly (in either direction).
- When on back, will kick legs back and forth in a reciprocal pattern, as if riding a bicycle.
- Creeping: Will move around the floor by using arms, hands, legs and feet to pull or push while keeping belly on the ground. May creep forward or backward. Other forms of locomotion include rolling around the room, rocking while on forearms, and moving forward by pushing feet against a hard surface such as the crib or couch.
- When held in the standing position, will bear a moderate amount of weight on feet.

### *6-9 Months*

- When on stomach and propped up on his/her forearms, will shift weight onto one forearm while reaching with the other arm.
  - While on stomach, will push chest off the floor by straightening elbows. Can use one arm to reach for an object.
  - Bridging: When lying on his/her back, will bend both knees, keep feet on the floor and lift his/her buttocks up into the air.
  - While on stomach, will be able to move body around to face a different direction.
  - Can move from being on stomach into a hands and knees position, with stomach off of the floor.
  - Will move from the sitting position into the standing position when supported at the hands, trunk or hips.
  - When you hold baby around chest or hips and stand him/her up, will be able to bear weight through legs.
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- Will begin to sit on the floor for up to one minute, at first by leaning forward and placing hands on the floor in front. Will gradually straighten up back and head and sit without hand support.
  - Will move from lying on stomach into a sitting position.
  - Can move from lying on back to sitting up by him/herself.
  - Can move from lying on back into a hands and knees position.
  - Will get on hands and knees, belly off of the floor, and move by alternating leg and arm movement. Babies usually crawl backwards first.
  - Will move from a hands and knees position into a tall kneeling position. Will use a sturdy object such as furniture or your body to pull up.

#### *9-12 Months*

- While sitting on the floor, will turn trunk to either side to reach for or pick up a toy.
- Will be able to easily move from the sitting position into the hands and knees position, then back to sitting.
- Will use a sturdy object to move from a hands and knees position into a standing position.
- When standing at a sturdy object, will hold onto it and walk sideways for a few steps.
- When standing at a sturdy object, will lean on it for support and use hands to play with toys.
- Can stand by him/herself without holding onto anything for support.
- When standing, will hold onto a sturdy object and lower self to the floor.
- Will take a few steps by holding onto you or furniture.
- Can get into a hands and feet position with head down and buttocks up in the air.
- Will climb onto and off of a chair or couch by him/herself.
- Will crawl up and down stairs.

#### *12-15 Months*

- When holding onto furniture for support while walking, will rotate trunk either to the left or to the right.
- Can push toys around the floor while walking.
- Can walk by him/herself on level surfaces taking quick, short steps.
- Can move from a hands and knees position into standing without holding onto anything for support.
- Can move from stand to squat to stand again without support.
- When playing, will move from a standing position into a squatting position, then stand upright again.
- Will play in a kneeling position.
- Will walk backward on level surfaces without holding onto something for support.
- Can approach a small, low chair, turn and sit down on it.
- Can catch a playground size ball that is rolled to him and roll it back with a jerky, pushing motion.

#### *15-18 Months*

- Can walk by him/herself with legs close together and head and trunk straight.
- When walking, will pull a toy behind (either a string toy or by a long handle which is attached).
- Can ride on a ride-on toy that does not have pedals. Can propel backward and forward on the toy by using feet with an alternating leg movement.
- Can run on level surfaces. Posture will be stiff, with minimal trunk rotations.
- While holding onto a sturdy object, will be able to stand on one foot for a few seconds.

#### *18-24 Months*

- When walking on level surfaces, will carry a large object such as a ball, doll or toy and not lose balance.
  - Will jump up into the air with both feet leaving the floor.
  - Can jump forward a distance of 3", lifting both feet off of the floor.
  - Will kick a stationary ball with either foot.
  - Can climb up and down stairs by placing both feet on each step while holding onto something for support (handrail or your hand).
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*24-30 Months*

- Can jump down from a low chair or a step at a distance of 8-18", having both feet land on the floor at the same time.
- Can bend both knees and jump backward a few inches.
- Can ride a toy with pedals such as a tricycle, keeping hands on the handlebars and feet on the pedals. Legs should move in a smooth and reciprocal motion as he/she propels the tricycle.
- Can raise up onto the toes of both feet and walk forward several inches.
- Will catch a gently tossed large playground ball by using two hands and chest to trap the ball.
- Will throw a small ball overhand 3-5", with good force and accuracy.

*30-36 Months*

- Will climb up a flight of stairs, placing only one foot on each step while holding onto a support.
- From a standing position, will jump 2-4" over a narrow, stationary object such as a jump rope or a sidewalk crack.
- Can walk in a heel-to-toe pattern on a ten-foot long straight line. Will place the heel of one foot in front of the toes of the opposite foot.
- Can stand on one foot for up to five seconds without holding onto anything for support. Should be able to do this on either foot.
- Will move from lying on back to standing up by first pushing forward into a sitting position and then standing from the sitting position without using anything for support.
- Can catch medium-sized ball with hands and arms extended.

*36-42 Months*

- Can walk up four steps without support, placing one foot on each step.
- Can run 45 feet in 6 seconds or less.
- Can jump forward 26" using 2-footed take off and landing.
- Throws ball overhand 10 feet by moving arm up and back using upper trunk rotation, arms and legs moving in opposition.
- Throws ball underhand and hits two-foot target (two feet above floor) from 5 feet away.
- Stands on one foot with hands on hips for five seconds.

*42-48 Months*

- Stands on tiptoes with arms held overhead and without moving feet for three seconds.
- Stands on one foot with hands on hips and without swaying more than 20 degrees for five seconds.
- Catches medium sized ball with hands (securing ball to chest if necessary) with arms bent 45-90 degrees at the elbows and palms up or facing each other.
- Throws ball overhand and hits two-foot target (two feet above floor) from 5 feet away.
- Throws ball underhand 10 feet using upper trunk rotation, arms and legs moving in opposition, and initiating throw by moving arm down and back.

*48-54 Months*

- Stands on tiptoes with arms held overhead, without moving feet, and without swaying more than 20 degrees for eight seconds.
- Throws ball overhand from 12 feet away and hits two foot target (two feet above floor).
- Bounces ball to wall so it hits floor once and then hits wall.
- Catches ball with arms bent and using only hands.

*54-60 Months*

- Stands on one foot, then on the other foot, with hands on hips and without swaying more than 20 degrees for 6 seconds on each foot.
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- Imitates four positions accurately. Stand 3 feet from child and move arms to present six positions, one at a time at one-second intervals.
  - Completes 3 sit-ups in 30 seconds.
  - Jumps forward 36" using 2-footed take off and landing.
  - Jumps and turns so feet land in opposite direction from starting position with hands on hips and body not deviating more than 20 degrees from vertical.
  - Hops on one foot from one line to other, changes feet, and hops back to first line (lines three feet apart).
  - Jumps over string without stripping using 2-footed takeoff and landing (tie string/rope loosely between 2 chair legs, 3 feet apart, 10" off floor).
  - Running speed and agility: Create 2 taped lines, 10 feet apart, with soft drink can on one end. Child runs to pick up can and returns and can complete the cycle in five seconds or less without tripping or dropping can.
  - Skips 8 steps while maintaining balance, using opposing arm and leg movements, and alternating feet.

