

# Gross Motor Milestones

6  
Months

## Sitting

- Sits alone with hands on floor
- Lower back is slightly rounded
- May reach with 1 arm towards toys



## Tummy time

- Shifts weight to side to reach with 1 hand
- Able to bear weight on hands
- May reach with 1 arm towards toys
- Rolls in both directions to back

## Back

- Reaches for and holds both feet in hands, may put feet in mouth
- Pulls to sit
- Rolls to tummy in both directions

## Transitions

- Pushes up from elbows to hands during tummy time
- Requires support to move from lying down to sitting up

# Gross Motor Milestones

12  
Months

## Mobility

- Takes some independent steps
- May transition to standing from floor with independence
- Crawls quickly



## Ball Skills

- Corals rolling ball using arms
- May roll ball forward while sitting
- Flings / throws ball using shoulder and elbow

## Stair Negotiation

- Crawls up while facing forward with independence
- Crawls down stairs backward with support

## Walking

- May still require support for walking on flat / level surfaces
- Not yet walking on compliant or unstable surfaces

# Gross Motor Milestones

18  
Months

## Mobility

- Walks on compliant surfaces (i.e. grass, gravel) with infrequent falls
- Climbs onto and off of couch independently
- Not yet running

## Ball Skills

- Attempts to kick a stationary ball
- Throws ball while standing without losing balance
- Rolls ball back and forth with an adult

## Stair Negotiation

- Crawls up and down independently
- Walks up stairs with 1 handrail, putting 2 feet on each step
- Walks down stairs while holding 1 hand

## Balance

- Stands on one foot while hands are held
- Walks backward 5 feet

# Gross Motor Milestones

2 years

## Mobility

- Runs stiffly
- Walks on all surfaces with infrequent falls
- Able to maintain squatting position during play

## Ball Skills

- Throws a ball overhand and underhand
- Kicks ball 3 feet in a straight line
- Attempts to catch ball while standing with 2 hands out in front

## Stair Negotiation

- Walks up and down stairs, putting 2 feet on each step without support from handrail
- Walks up stairs, putting only 1 foot on each step while holding hands or using handrail

## Balance

- Jumps, clearing the ground by 2 inches with feet together
- Jumps down from step, may lead with 1 foot
- Walks sideways

# Gross Motor Milestones

**3 years**

## Mobility

- Runs fast without falling
- Does not stop at surface changes while walking
- Can walk in straight line

## Ball Skills

- Able to catch a ball from 5 feet away
- Throws a ball overhand for 10 feet
- Kicks a ball 6 feet using reciprocating arms and legs

## Stair Negotiation

- Walks up stairs without support, putting 1 foot on each step
- Walks down stairs, putting 1 foot on each step while holding hands or a handrail

## Balance

- Stands on 1 foot for 2 seconds independently
- Jumps forward 2 feet
- Jumps over a 2 inch obstacle

# Gross Motor Milestones

4 years

## Coordination

- Runs and stops on cue with less than 2 extra steps
- Rides a trike

## Ball Skills

- Catches big ball consistently
- Kicks ball 12-15 feet
- Throws a small ball overhead 10 feet

## Strength

- Jumps forward 30 inches
- Stands on tip toes for 3 seconds
- Walks down stairs without holding on, with 1 foot on each step

## Balance

- Hops forward on 1 foot 5 times
- Walks forward on a line without stepping off
- Balances on one foot for 10 seconds

# Gross Motor Milestones

5 years

## Coordination

- Gallops
- Imitates movements / positions accurately
- Runs and cuts 180-degrees to right or left

## Ball Skills

- Catches a bounced ball
- Hits a target while throwing overhand
- Kicks a ball so that it travels in the air

## Strength

- Jumps over a 10 inch obstacle
- Hops forward 16 inches on 1 foot
- Rides a bicycle with supervision

## Balance

- Jumps sideways
- Jumps and turns 180-degrees
- Walks across a balance beam without any missteps