

## Gross Motor Development



### Eighteen Months (1½ years)

#### **Walking:**

- Walks without falling
- Runs stiffly and flat-footed
- Walks up stairs with one hand held placing both feet on each step
- Squats to pick up a toy and returns to upright without support

#### **Climbing:**

- Can climb onto the sofa
- Able to get into and out of a small chair independently

#### **Ball skills:**

- Throws a ball forward 1 metre using extensor thrust (straightening arm) with direction intended.
- Walks into large ball to kick it

#### **Jumping and Balance skills:**

- Will try to place one foot in front of the other on a 5-cm wide line
- Attempts walking along 5 cm balance beam on the ground - one foot on the balance beam, one off

#### **Other:**

- Pushes ride-on toy with feet - may go backward before forward

### Twenty-four Months (2 years)

#### **Walking:**

- Walks up and down stairs holding on to the railing, 2 feet per step
- Runs without falling
- Able to start and stop in running

#### **Ball skills:**

- Kicks ball forward
- Throws ball in standing without falling

#### **Jumping and Balance skills:**

- Attempts jumping off the bottom step with one hand held. Leads with one foot
- Jumps with both feet off the ground, feet together

#### **Other:**

- Plays in a squat position - may transition to sitting fairly quickly

### Thirty Months (2-½ years)

#### **Walking:**

- Can walk on tiptoes with hands on hips, when requested
- May start alternating feet (one foot per step) when walking upstairs
- Able to walk around a circle with fewer than 5 steps off the line
- Walks backward 3 metres when requested

#### **Ball skills:**

- Catches large ball with arms straight, trapping it against the body
- Throws a tennis ball 2.5 metres

#### **Balance skills and jumping:**

- Attempts standing on one foot - needs to hold on (may be able to maintain for 1 second)
- Can jump up and down with both feet together a few times in succession
- Tries jumping off of the bottom step but leads with one foot
- Takes 3 steps on a 5 cm balance beam without support

#### **Other:**

- 'Rides' tricycle with feet on the ground - may go backward before forward

### Thirty-six Months (3 years)

#### **Walking Skills:**

- Walks upstairs, alternating feet (one foot per step). Uses railing
- May start to alternate feet when going down stairs, though often continues to place both feet on each step. Uses railing.
- Able to walk backwards in a straight line

#### **Climbing:**

- Climbs on easy playground apparatus

#### **Ball Skills:**

- Starts bending elbows when catching a ball
- Starts using shoulder and elbow when throwing a ball - doesn't lose balance when throwing ball
- Kicks a ball 2 metres with direction intended



#### **Balance and Jumping skills:**

- Jumps over objects 5 cm off the ground
- Jumps off of a larger step, starting to land in an upright position, with feet together
- May try hopping on one foot, able to do with one hand held
- Can stand on one foot for 3 seconds

#### **Other:**

- Rides a tricycle placing feet on pedals. May not be able to steer

## Forty-two Months (3-½ years)

### **Walking:**

- Walks up stairs alternating without holding onto the railing
- Alternates down stairs more consistently, may still hold railing on bigger steps
- Runs around obstacles, and turns corners without falling

### **Climbing skills:**

- Climbs up slide and slides down

### **Ball skills:**

- Bends arms more consistently when catching
- Throw becomes more accurate
- Able to throw a ball overhand
- Able to bounce a ball at the wall or to a person
- Kick ball using knee flexion



### **Balance and Jumping Skills:**

- Able to hop 3 times on one foot
- Able to take steps on tiptoes
- Jumps forward with feet together 60 - 75 cm
- Stands on one foot for 5 seconds - with hands on hips

### **Other:**

- Rides tricycle including steering
- Learning to do a somersault



## Forty-eight months (4 years)

### **Walking:**

- Walks down stairs alternating
- Able to walk on tiptoes or heels when asked
- Able to walk along a line placing one foot right in front of the other
- Able to run and change directions smoothly
- Walks up and down stairs placing one foot on each step, often without railing

### **Climbing skills:**

- Able to climb up a large slide and slide down independently

### **Ball skills:**

- Kicks a large ball with accuracy
- Catches a large ball with two hands - has hands prepared to catch the ball
- Throws small ball with accuracy - uses shoulder rotation, a "follow through" movement

## **Four years - con't**

### **Balance and Jumping skills:**

- Jumps high with feet together
- Starting to land with control when jumping down from higher objects (i.e., 2<sup>nd</sup> or 3<sup>rd</sup> step)
- Able to stand on tiptoes with hands over head for 2 seconds without moving feet, when asked
- Stands on one foot for 6 seconds
- Able to hop on one foot 5 times
- Hops forward 15 cm without the other foot touching the ground

### **Other:**

- Starting to 'pump legs' on a swing. Usually able to get on the swing independently, may need a 'starter push'

## **Fifty-four months (4-½ years)**

### **Walking:**

- Walks heel to toe along a balance beam
- Runs with reciprocal arm movements, smooth movement of weight-shift

### **Ball skills:**

- Starting to bounce and catch a large ball
- Able to throw a ball overhand with accuracy

### **Balance and Jumping skills:**

- Able to jump forward 10 times without falling
- Starting to jump backwards and sideways without falling
- Able to jump over an object on the floor
- Able to stand on one foot for approximately 7 seconds with minimal body sway
- Able to jump and reach up 5 - 10 cm above the normal reach
- Able to jump forward 40 cm on one foot without falling

### **Other:**

- Starting to be able to do sit-ups (3 - 4 in 30 seconds)

## Sixty Months (5 years)

### **Walking:**

- Able to walk forward heel to toe on a 10 cm balance beam

### **Ball skills:**

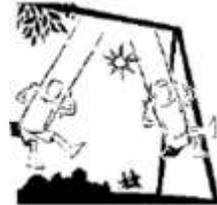
- Bounces and catches a large ball
- Able to throw a small ball overhand into a target 4 metres away
- Starting to catch a small (tennis) ball in hands
- Able to use a hockey stick

### **Climbing skills:**

- Able to use playground equipment

### **Balance and Jumping skills:**

- Balances on one foot for 10 seconds
- Jumps backwards 6 times without falling
- Jumps off of the floor and claps hands before landing
- Broad jumps forwards 2 feet and lands with control
- Jumps and turns 180° with feet together and hands on hips
- Walks on balance beam with hands on hips with out losing balance



### **Other:**

- Pedals tricycle quickly, including hills and corners
- May start riding a two-wheeled with training wheels
- Skips alternating feet, and integrating arm movements (harder for boys!)
- Able to somersault two times consecutively

## Sixty-six months (5-½ years)

### **Walking skills:**

- Able to walk 2 metres on tiptoes with hands on hips

### **Ball skills:**

- Bounces tennis ball on the floor and catches it - may not be consistent
- Kicks a stationary ball so that it goes off the ground
- Able to kick a moving ball

### **Balance and Jumping skills:**

- Jumps over hurdle 25 cm off the ground using a 2-foot take off and landing
- Able to hop 5 metres in 20 seconds without the other foot touching the ground
- Walks heel-toe on 10 cm balance beam with hands on hips

### **Other:**

- Able to gallop with one foot in front of the other for 3 - 4 metres

**Seventy-two months (6 years)**

**Walking skills:**

- Able to walk 4 metres on tiptoes with hands on hips - minimal sway

**Ball skills:**

- Bounces tennis ball on the ground twice then catches it
- Kicks a stationary ball so that it travels 3 metres in the air
- Runs and kicks a moving ball

**Balance and Jumping skills:**

- Able to jump a 25 cm hurdle starting 15 cm away with both feet together

**Other:**

- Skips 3 metres alternating feet with body and arms co-ordinated
- Performs 6 to 8 sit-ups in 30 seconds, with feet held



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**Therapist**

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**Date**