

Gross Motor Developmental checklist

Gross Motor Skills	Appropriate age for Skill acquisition
Brings hands towards center of body when lying on back	1-2 months
Opens and shuts hands	2-3 months
Supports upper body with arms when lying on stomach	3 months
Pushes down on his legs when his feet are placed on a firm surface	3 months
Occasionally rolls from stomach to back	3 months
Raises head and cheek when lying on stomach	3 months
Pushes up on extended arms	5 months
Pulls to sitting with no head lag	5 months
Sits with support of his hands	5-6 months
Sits unsupported for short periods	6-8 months
Supports whole weight on legs	6-7 months
Transfers objects from hand to hand	6-7 months
Routinely rolls from stomach to back and back to stomach	6-7 months
Crawls forward on belly	8-9 months
Assumes hand and knee position	8-9 months
Gets to sitting position without assistance	8-10 months
Pulls self up to standing position at furniture	8-10 months
Creeps on hands and knees	9 months
Gets from sitting to crawling or prone (lying on stomach) position	9-10 months
Walks holding on to furniture	10-13 months
Stands momentarily without support	11-13 months
May walk two or three steps without support	11-13 months
Walks alone	12-16 months
Pulls toys behind him while walking	13-16 months
Carries large toy or several toys while walking	12-15 months
Begins to run stiffly	16-18 months
Climbs onto and down from furniture unsupported	16-24 months
Walks up and down stairs holding on to support	18-24 months
Climbs well	24-30 months
Walks down stairs alone, placing both feet on each	26-28 months

step	
Walks up stairs alternating feet with support	24-30 months
Swings leg to kick ball	24-30 months
Runs easily	24-26 months
Bends over easily without falling	24-30 months
Pedals tricycle	30-36 months
Hops and stands on one foot up to 5 seconds	3- 4 years
Goes upstairs and downstairs without support	3- 4 years
Kicks ball forward	3- 4 years
Throws ball overhand	3- 4 years
Catches bounced ball most of the time	3- 4 years
Moves forward and backward	3- 4 years
Uses riding toys	3- 4 years
Stands on one foot for 10 seconds or longer	4-5 years
Hops, somersaults	4-5 years
Swings, climbs	4-5 years
May be able to skip	4-5 years