

GROSS MOTOR DEVELOPMENT CHART

Gross Motor (physical) skills are those which require whole body movement and which involve the large (core stabilising) muscles of the body to perform everyday functions, such as standing, walking, running, and sitting upright. It also includes eye-hand coordination skills such as ball skills (throwing, catching, kicking).

How to use this chart: Review the skills demonstrated by the child up to their current age. If you notice skills that have not been met below their current age speak with your child's therapist.

Does your child have difficulty with:

AGE	SKILL	
0-6 MONTHS	<ul style="list-style-type: none"> • Rolling over from front to back or back to front. • Bringing feet to hands/mouth while on back. • Holding head erect in a support position. • Sitting (initially with support). • Pushing body off ground with arms when lying on tummy. 	<ul style="list-style-type: none"> • Poor muscle development for locomotion • Delayed ability to play independently
06-12 MONTHS	<ul style="list-style-type: none"> • Roller over from front to back, or back to front. • Crawling on belly. • Sitting independently. • Getting up on all fours. • Pushing body off ground with arms when lying on tummy. • Bringing self into a seated position unaided. • Creeping on hands and knees. • Transitioning into different positions e.g. sitting, all fours, lying on tummy. • Pulling self into standing position. • Stands momentarily without support. • Walking while holding onto furniture. • Taking 2-3 steps without support. • Rolling a ball in imitation of adult. 	<ul style="list-style-type: none"> • Delayed sensory development due to decreased ability to explore the environment • Poor muscle development • Delayed play skills
18 MONTHS	<ul style="list-style-type: none"> • Sits, crawls, walks • Still has wide gait but walking/running is less clumsy • Pushes against a ball (does not actually kick it) 	<ul style="list-style-type: none"> • Delayed play skills • Difficulty interacting with the environment due to delayed ability to mobilise effectively • Poor muscle development
2 YEARS	<ul style="list-style-type: none"> • Walks smoothly and turns corners • Begins running • Is able to pull or carry a toy while walking • Climbs onto/down from furniture without assistance • Walks up and down steps with support • Picks up toys from the floor without falling over 	<ul style="list-style-type: none"> • Poor muscle development for running and jumping • Delayed ability to play independently and interact with the environment • Decreased ability to interact socially
3 YEARS	<ul style="list-style-type: none"> • Imitates standing on one foot • Imitates simple bilateral movements of limbs (e.g. arms up together) • Climbs jungle gym and ladders • Pedals a tricycle • Walks up/down stairs alternating feet • Jumps in place with two feet together • Able to walk on tip toes • Catches using body 	<ul style="list-style-type: none"> • Decreased opportunities for social interaction • Poor development of body awareness and movement planning skills • Difficulties using playground equipment • Difficulties or lack of confidence interacting with other children in active environments (e.g. play cafes, playgrounds)



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AGE	DEVELOPMENTAL MILESTONES	POSSIBLE IMPLICATIONS IF MILESTONES NOT ACHIEVED
4 YRS	<ul style="list-style-type: none"> • Stands on one foot for up to 5 seconds • Kicks a ball forwards • Throws a ball overarm • Catches a ball that has been bounced • Runs around obstacles • Able to walk on a line • Able to hop on one foot • Jumps over an object and lands with both feet together 	<ul style="list-style-type: none"> • Lack of confidence in movement based activities • Difficulties using playground equipment • Difficulties or lack of confidence interacting with other children in active environments (e.g. play cafes, playgrounds)
5 YRS	<ul style="list-style-type: none"> • Able to walk up stairs while holding an object • Walks backward toe-heel • Jumps forward 10 times without falling • Skips forwards after demonstration • Hangs from a bar for at least 5 seconds • Steps forward with leg on same side as throwing arm when throwing a ball • Catches a small ball using hands only 	<ul style="list-style-type: none"> • May result in poor self-esteem when comparing self to peers • Lack of confidence in movement based activities • Difficulties participating in sporting activities • Difficulties playing with moving toys such as bikes and scooters
6 YRS	<ul style="list-style-type: none"> • Runs lightly on toes • Able to walk on a balance beam • Able to skip using a skipping rope • Can cover 2 metres when hopping • Demonstrates mature throwing and catching patterns • Mature (refined) jumping skills 	<ul style="list-style-type: none"> • Difficulty participating in sporting activities • May result in poor self-esteem when comparing self to peers • Lack of confidence in movement based activities

This chart was designed to serve as a functional *screening* of developmental skills per age group. It does *not* constitute an assessment nor reflect strictly standardised research.

for more information or resources please go to childdevelopment.co/resources or speak with your child's therapist.

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