

## Gross Motor Check List (AGES 0-6 YEARS)

The following checklist is intended as a simple guideline to help ensure that children have gained age-appropriate gross motor skills.

- 0 - 6 Months**
  - Sits upright with support
  - Supports own head in sitting
  - Lifts head and supports self on one arm on stomach
  - Raises arms and legs when on stomach
  - Rolls over
  
- 6-12 Months**
  - Sits alone
  - Crawls
  - Pulls self to standing from a sitting position
  - Stands without holding on to an object or person
  
- 12-24 Months (1 Year)**
  - Walks unassisted (18 months)
  - Climbs onto low furniture
  - Climbs stairs with assistance
  - Kicks a ball holding onto support
  - Catches a rolling ball between legs when sitting
  
- 24-36 Months (2 Years)**
  - Runs stiffly
  - Jumps using both feet together
  - Walks up stairs holding the railing
  - Kicks ball forward without losing balance
  - Throws a ball to an adult three feet away
  
- 36-48 Months (3 Years)**
  - Runs without falling
  - Stands on one foot
  - Walks backwards easily
  - Throws ball over hand five to seven feet
  - Rides a tricycle using pedals
  
- 48-60 Months (4 Years)**
  - Walks upstairs with alternating feet
  - Runs smoothly with changes in speed
  - Jumps up and down on floor several times
  - Catches a ball with hands and arms
  
- 60-72 Months (5 Years)**
  - Hops on one foot
  - Walks up and down the stairs carrying objects
  - Catches a ball with hands only
  - Bounces a ball in place
  - Kicks a rolling ball
  
- 72-84 Months (6 Years)**
  - Rides a bicycle (with training wheels)
  - Walks securely on balance beam
  - Jumps over objects ten inches high
  - Throws a ball with accurate placement
  - Dribbles a ball

If you have questions or concerns regarding a child's gross motor skill development, assessment with a physiotherapist may be helpful. Please contact our clinic for assistance or for more information.