

GROSS MOTOR MILESTONES

BIRTH - 2 MONTHS

- Raises head slightly off floor when on stomach
- Holds head up momentarily when supported
- Alternates kicking legs when on back

3-5 MONTHS

- Lifts head and chest when on stomach (props on forearms)
- Improved head control
- Rolls from side to side
- ROLLs from stomach to back
- Sits briefly with arm support

6-8 MONTHS

- Rolls from back to stomach
- Sits alone briefly
- Pulls self forward on stomach
- Pivots around when on stomach
- Assumes quadruped and rocks
- Stands with support

9-11 MONTHS

- Able to sit independently
- Crawls
- Pulls to stand
- Able to stand alone momentarily

12-18 MONTHS

- Walks independently
- Demonstrates wide gait when walking/running, but less clumsy
- Can creep down stairs
- Walks up one step at a time with hand held or railing
- Kicks large ball forward after a demonstration



Capable Kids

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GROSS MOTOR MILESTONES

18 MONTHS - 2 YEARS

- Jumps in place
- Kicks a stationary ball
- Throws ball overhead

2-3 YEARS

- Walks down stairs without a railing
- Balances on 1 foot for 2-3 seconds
- Jumps forward

3-4 YEARS

- Catches a bounced ball
- Can ride a tricycle
- Hops on 1 foot 2-5 times

4-5 YEARS

- Balances on 1 foot 4-8 seconds
- Kicks a rolling ball
- Catches large and small ball with outstretched arms

5-6 YEARS

- Balances on one foot for 10 seconds
- Skips
- Rides a bike with or without training wheels
- Hops on 1 foot 10 times



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