

Gross and Fine Motor Development in the First Year

Age/General Stage	Gross Motor	Fine Motor
1 Month	Lifts head briefly while laying on stomach	Hands mostly closed No grasp (only reflexive)
2 Months	Can lift head for longer periods of time while on stomach	Hands mostly closed
3 Months	Head to 45 degrees	Bats at object
4 Months	Lifts head and shoulders Holds head steady May roll stomach to back	Reach for object
5 Months	Inch across blanket May roll stomach to back	Reach for and grasp objects Objects to mouth
6 Months	Sit with support May roll from back to stomach	More exploration with hands Reach and hold objects Raking
7 Months	Sit up, may still be unsteady Gaining mobility	Bang objects
8 Months	Up on all 4s Rocking	Transfers objects (turning cardboard pages) Lateral pinch
9 Months	Crawling	Imitate actions (raking food)
10 Months	Becoming more upright Crawl upstairs	Pincer grasp Claps hands
11 Months	Climbing Pulls to stand Cruise furniture	Turns pages (thick paper)
12 Months	Stand without support 1 st Step	Put together/Take apart Fine pincer grasp

Gross and Fine Motor Development for 1-2 Year Olds

Gross Motor Skills	Fine Motor Skills	Self-Help
Sits in small chair	Move objects from fingers to palm	Uses a spoon and drinks from Sippy cup
Walks well	Holds crayon to draw simple figures	Indicates when wet or soiled
Squats	Stacks about 3-5 one inch blocks	Indicates when need to go to the bathroom
Crawls up and down stairs	Strings beads	Removes socks and shoes
Begins to run	Uses both hands to carry an object	Assist with putting pants on and pulling them up
Jumps clearing both feet from ground	Turns pages of a book	Enjoys bathing and can assist
Kicks ball forward	Uses two hands in play	Resists grooming activities
Uses playground slide with minimal assistance	Begin bilateral hand use, and dissociation of two sides	
	Fisting of pencils/crayons	

Gross and Fine Motor Development for 2-3 Year Olds

Gross Motor	Fine Motor	Self-Help
Rides a tricycle	Snips with scissors	Develops daytime control for toileting
Catches a large ball against chest	Traces form	Removes simple coat, pajamas, sweatpants, socks, and shoes
Jumps from step or small height	Colors in large forms	Participates actively in washing self in tub but requires assistance
Begins to hop on one foot	Draws circles accurately	Assists in brushing teeth
Enjoys playground equipment with some assistance	Builds towers and lines up objects	Bites well through food
	Plays with toys and moving parts	Proficient in use of spoon, fork, and cup without a lid
	Holds crayon with dexterity	Begin with simple chores such as picking up toys from room
	Completes puzzles 4-5 pieces	
	Moves objects from palm to fingers	
	Develops controlled release	
	Uses both hands together to open simple containers with lid	
	Simultaneous manipulation	
	Pointed downward fingers holding writing utensils	

Gross and Fine Motor Development for 3-4 Year Olds

Gross Motor Skills	Fine Motor Skills	Self-Help
Jumps, climbs, runs	Uses precision grasp on pencil or crayon	Dresses and undresses with supervision
Begins to skip, hop	Colors within lines	Needs help with buttons
Rides tricycle	Copies simple shapes	Can zip/unzip
Stands briefly on one foot	Begins to copy letters	Knows left/right shoe
Alternates feet walking upstairs	Uses scissors to cut simple shapes	Washes hands
Jumps from step with two feet	Constructs 3D design	Bathes regularly
Catches large ball with arms extended	Manipulates objects within the hand	Combs and brushes hair
	Puts together simple puzzles	Can feed with little/no spilling
	Turns doorknob/forearm rotation	Holds fork with fist
	Strings ½ inch beads	Drinks from cup with one hand
	Easily shift items within hand, palm to fingers, fingers to palm	Toilets independently with few accidents
	Complex rotation (twirling a pencil)	
	Static tripod grasp on writing utensils	

Gross and Fine Motor Development for 4-5 Year Olds

Gross Motor Skills	Fine Motor Skills	Self-Help
Kicks ball	String ½ inch beads together	Full dressing independently
Hops on 1 foot 4-6 steps	Copy drawing various shapes	Independently toileting
Walks up and down stairs reciprocally	Writes 4 capital letters attempting to write own name	Brushes and flosses teeth with supervision
Pump self on swing	Draws a person with basic parts	Covers mouth when coughing and wipes own nose
Coordination and balance of adult	Draws with dynamic tripod grasp	Washes hands with reminders

Gross and Fine Motor Development for 5-6 Year Olds

Gross Motor Skills	Fine Motor Skills	Self-Help
Run	Cut with scissors	Independent dressing
Walk a straight line	Traces letters, begins to copy letters and short sentences	Beginning to learn how to tie shoes
Hops well	Completes puzzles of up to 20 pieces	Needs supervision for grooming and tooth brushing with verbal cues
Skips with balance	Manipulates tiny objects with fingertips without dropping	Bathes self, requires help with setting up water and washing hair
Catches ball with 2 hands and overhand throw	Uses hands together in completing movement	Proficient in using spoon, fork, and cup without lid
Stands on 1 foot for 8-10 seconds	Begins to use knife and fork for cutting	Able to fix cold cereal, pour juice or milk with some spills
Rides a two-wheeled bike with training wheels	Begin palm to finger moving with stabilization (multiple items within hand)	
Kicks with accuracy		