

GROSS MOTOR MILESTONES CHART

EDUCATIONAL HANDOUT

The chart is a collection of early childhood gross motor development skills for young children from birth to 8 years old. It may be helpful for parents with young children and occupational therapy practitioners who need more resources.

When using the chart, consider the following:

- Review the child's skills that they display to their current age.
- Each stage assumes that the prior stages have been met.
- The chart was designed to serve as a functional screening tool. It is not an alternative for assessments or reflects strict, standardized research.



0-3 months

- Turns head to each side when placed on back
- Holds head up briefly when placed on stomach
- Head bobs when placed in a supported sitting position
- Kicks feet when placed on back
- Wiggling and random arms and legs movement



6-9 months

- Sits alone independently
- Rolls from back to stomach
- Stands with some bouncing motion by holding onto a surface
- Crawls on stomach
- Gets into a hands and knees position
- Catches self when loses balance when sitting



12-18 months

- Stands alone
- Kneels
- Walks without support
- Crawls upstairs
- Walks with feet closer together
- Walks with more balance and coordination
- Runs that looks like unsteady
- Squats and stands back up without holding onto a surface for support
- Walks backwards
- Walks upstairs with hand(s) held by someone



3-6 months

- Lifts chest from a surface when placed on stomach
- Pushes up on straight elbows or forearms when placed on stomach
- Rolls from stomach to back
- Straightens legs when feet touch a flat surface
- Lifts head and chest off a flat surface while looking forward when placed on stomach
- Pulls self forward into a sitting position when holding hands
- Very briefly sits with some support or independence
- Pivots body when placed on stomach
- Moves head when supported in a sitting position
- Head controls in all positions



9-12 months

- Transitions from laying down to sitting up without help
- Crawls on hands and knees
- Briefly stands alone
- Cruises or walks along furniture or playpen
- Walks with hand(s) held by someone

18-24 months



- Kicks a ball forward
- Runs
- Moves on ride-on toys that does not have pedals
- Walks downstairs with hand(s) held by someone
- Climbs into a chair or onto furniture
- Picks up toys from the floor without falling
- Squats to play with toys without losing balance
- Squats to pick up a toy and standing up without losing balance
- Walks upstairs alone with both feet on a step
- Walks downstairs holding onto a railing or wall with both feet on a step



3-4 years

- Walks downstairs while alternating feet on each step
- Gallops
- Hops on one foot
- Walks on a line
- Carries a medium to large size toys downstairs
- Stands on one foot
- Jumps down from approximately 12 inches with both feet together
- Walks up and down stairs while alternating feet on each step without using railing or wall for support

5-8 years

- Walks backwards heel to toe
- Jumps forward without falling at least 10 times
- Catches a small size ball with only the hands
- Runs lightly on toes
- Walks on a narrow or thin line
- Kicks a rolling ball
- Dribbles a ball
- Bounces and catches a bounced ball with both hands
- Jumps rope
- Skips well
- Rides a bicycle without training wheels
- Uses the opposite step and throw a ball



2-3 years



- Jumps at least 8 inches high
- Jumps from the bottom step
- Pulls or carries a toy while walking
- Catches a medium to large size ball where uses the body and chest to help
- Walks downstairs where places both feet on a step
- Walks upstairs with support from the railing or wall while alternating feet on each step
- Climbs
- Runs while stopping to avoid obstacles
- Uses a tricycle by using the pedals
- Imitates standing on one foot
- Walks backwards for at least 10 feet
- Walks on toes, like tip toeing
- Jumps sideways and backwards
- Hops on one foot
- Stands on one foot for less than 5 seconds
- Climbs playground equipment



4-5 years

- Stands on one foot for at least 10 seconds
- Skips
- Throws a ball overarm
- Catches a ball that has been bounced
- Throws a ball at a target
- Jumps over an object and lands with both feet together on the ground
- Hops on one foot at least 5 times
- Begins to jump rope
- Swings by pumping legs
- Sits with knees crossed
- Walks forward and backward on a balance beam
- Somersaults

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