

Typical Gross Motor Development Milestones

PEARSON

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The following lists describe common age developmental milestones, describing what tasks children ages birth to six months, one year-old, two years-old, three years-old, four years-old, five years-old, and six years-old can perform.

Birth to 6 Months

- Sits upright with prop
- Supports own head when in a sitting position
- Lifts head and supports self on arm when on stomach
- Raises arms and legs when placed on stomach
- Rolls over

6 Months to 1 Year

- Sits alone
- Crawls
- Pulls self from a sitting to standing position
- Stands without holding on to an object or person

Age 1 Year

- Walks unassisted
- Climbs onto low furniture
- Climbs stairs with assistance
- Pulls or pushes toys with wheels
- Kicks ball holding on to support
- Catches rolling ball between legs while sitting

Age 2 Years

- Runs very stiffly on toes
- Jumps using both feet simultaneously
- Walks upstairs holding the banister
- Walks on tiptoes
- Pedals a tricycle while adult pushes
- Kicks a ball forward without losing balance
- Plays on a rocking horse
- Throws a ball overhanded five to seven feet
- Hangs from a bar

Age 3 Years

- Throws a ball to adult standing five feet away
- Runs without falling
- Hops on alternating feet
- Stands on one foot
- Walks backward for several feet
- Moves a chair to reach for an object
- Rides tricycle using pedals, unassisted by an adult
- Walks backward easily
- Walks on balance beam with one foot on the floor and the other on the beam

Age 4 Years

- Walks upstairs like an adult by alternating feet
- Runs smoothly with changes in speed
- Skips using alternate feet rather than galloping
- Bounces a ball
- Catches a ball with arms and body
- Jumps up and down on the floor several times
- Bounces playground ball
- Catches beanbags with hands

Age 5 Years

- Hops on one foot
- Performs jumping jacks and toe touches
- Walks up and down the stairs while carrying objects
- Catches a ball with two hands
- Bounces a ball in place
- Skips rope

Age 6 Years

- Jumps over objects ten inches high
- Does somersaults and cartwheels
- Performs headstand
- Rides a bicycle with training wheels
- Walks securely on balance beam
- Balances on roller skates
- Throws with accurate placement
- Dribbles ball
- Kicks rolling ball