



# GROSS MOTOR Milestone Chart

2 - 8 years

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## 2 - 3 Years

- Jumps 8-14 inches
- Jumps from bottom step
- Catches large ball, using body to help
- Walks downstairs alone, places both feet on step
- Walks upstairs with support, alternating feet
- Climbs well
- Runs well, stopping and avoiding obstacles
- Pedals tricycle
- Imitates 1 foot standing
- Walks backward 10 feet
- Walks on toes
- Jumps sideways, backward, and over a 2-8 inch hurdle
- Hops on one foot
- Stands on one foot 1-5 seconds
- Walks downstairs alternating feet (34+ months)
- Climbs playground equipment and ladders
- Catches 8" ball with hands

## 3 - 4 Years

- Gallops
- Hops on one foot
- Walks on a line
- Stands on one foot
- Jumps down from 12 inches with feet together
- Walks up and down stairs alternating feet, without rail

## 4 - 5 Years

- Stands on one foot 8-10 seconds
- Skips, alternating feet
- Throws a ball to target
- Hops 5 times or more on one foot
- Begins jumping rope
- Pumps a swing
- Walks balance beam forward and backward
- Somersaults

## 5 - 8 Years

- Stands on one foot 10 seconds or greater
- Catches a small ball with hands only
- Jumps over an object landing with feet together
- Walks tandem on a line
- Walks backward heel to toe
- Walks balance beam
- Uses opposite step and throw to throw small ball
- Uses jump rope
- Rides bike without training wheels
- Skips well
- Kicks a soccer ball with fair control/accuracy