

Physical Skills & Processes

- Gross Motor (large muscle movement)
 - Reflexive movements
 - Lift head
 - Lift chest
 - Turn & roll over
 - Sit
 - Crawl
 - Pull to stand
 - Transitions (sit to crawl, sit to stand)
 - Balance
 - Walking
 - Stand alone
 - Cruise (walk holding furniture)
 - Take a few steps
 - Walk
 - Run
 - Climb
 - Steps
 - Creep on steps
 - Both feet same step
 - Alternating feet
 - Hold railing
 - Riding bike
 - Push bike (feet propel)
 - Tricycle
 - Bike with training wheels
 - Ball play
 - Throwing
 - Throw (goes anywhere)
 - Throw with aim/ to target
 - Catching
 - Trap against chest
 - Trap with arms
 - Catch with hands
 - Kicking
 - Stopped ball
 - Moving ball
 - With aim/ to a target
- Fine Motor (small muscle movement)
 - Reaching & grasping
 - Reach for/ swat object
 - Grasp objects
 - Let go of objects
 - Bang objects together
 - Pass objects hand to hand

- Use hands independent of other
- Picking up small objects
 - Grab small objects with whole hand
 - Pinch small objects with thumb & index finger to pick-up
- Finger movements
 - Poke with finger
 - Use fingers independent of each other
 - Turning pages of a book
- Writing
 - Hold writing instrument
 - With fistful grasp
 - End/ top of crayon with whole hand
 - Hold at bottom of crayon with 3 fingers (tripod grasp)
- Drawing
 - Scribble off paper
 - Scribble on paper
 - Draw intentional picture, unrecognizable
 - Draw picture with recognizable features
 - Drawing with some letters accidentally
 - Copy/ trace letters
 - Form letters
 - Inventive spelling
 - Write sentences
- Hand-eye coordination (eyes perceive & hand carry out actions)
- Chewing
 - Swallow food
 - Chew up & down
 - Move food inside of mouth with tongue