

Gross Motor Developmental Milestones: 0- to 8-Years Old

A child birth-to-3-months-old will typically:

- Reflexive movements, including sucking, rooting and grasping
- Hands clenched in a fist
- Randomly moves arms and legs
- Put hands near eyes and touches mouth

A child 3- to 6-months-old will typically:

- Lift head up when on lying on tummy
- Put weight on arms when on lying on tummy
- Lift his head and shoulders off the floor when laying on his tummy
- Move head from side to side while lying on back
- Hold head steady when held in sitting position
- Push down on legs when feet are on a hard surface
- Sit with little support at the waist
- Turn him/herself from back to side and try to roll over
- Reach out for toys, using left or right hand and puts toys in mouth
- Pushes up on elbows when lying on tummy
- When on tummy, keeps head up, puts weight on arms and turns head side to side
- Rolls from tummy to back
- Stand when held, bend knees and support weight with legs
- Touch knees and feet with hands when lying on back

A child 6- to 9-months-old will typically:

- Start rolling back to front and visa versa
- Begin to sit with support
- Support weight on legs when standing and might bounce
- Rock back and forth, sometimes crawl backward before moving forward
- Sit by her/himself
- Pivot and creep on stomach
- Start standing stiff legged while holding onto furniture

A child 9- to 12-months-old months will typically:

- Crawl
- Sit without support
- Move into sitting position with support
- Stand, holding on to adult or furniture for support
- Pull to stand
- Make stepping movements with support by holding onto nearby furniture or your hands
- Crawl over and around objects

- Start to cruise around furniture
- Roll a ball
- Move from sitting to lying down
- Walk with 2 hands held

A child 12- to 18-months-old will typically:

- Move into sitting position without support
- Pull up to stand and walks alone while holding onto furniture
- Stand alone
- Take few steps without support of adult or furniture
- Start walking independently
- Squat down to pick something up
- Crawl up stairs and creep back down
- Step on stationary ball when trying to kick the ball
- Attempt to run
- Seat self on small chair
- Throw underhand when sitting

A child 18-months to 2-years-old will typically:

- Move and sway to music
- Begins to run
- Pull/ push toys while walking
- Walk up and down the stairs while holding your hand
- Jump with feet together, clearing the floor
- Jump down and forwards
- Squat to play
- Stand on tiptoes with support
- Start to use ride-on toys
- Throw a ball overhand
- Throw a small ball

A child 2- to 3-years-old will typically:

- Climbs onto and down from furniture without support
- Walk up and down stairs while holding railing for support
- Throw a ball into a box
- Carry toys while walking
- Stand on tiptoes
- Kick a ball forward
- Runs fairly well
- Stand on balance beam with 2 feet and attempt to step forward
- Catch a large ball with arms straight out
- Stand on 1 foot momentarily
- Walk up the stairs alone with alternating feet
- Walk downstairs with 2 feet on same step

- Walk on tiptoes
- Start riding a tricycle using the pedals
- Catch a ball with arms bent

A 3- to 4-year-old can typically:

- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs, one foot on each step
- Stands on one foot for 3 seconds
- Walks up and down stairs without holding onto the railing, reciprocating (one foot on each step)
- Jumps over a line
- Jumps forwards 2 feet
- Jumps off a step with both feet simultaneously
- Kicks a stationary ball 6 feet forwards

A 4- to 5-year-old child can typically:

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Stands on one foot for 5 seconds
- Stands on tiptoes for 3 seconds without moving feet
- Jumps forward 3 feet
- Jumps up onto a step (approximately 8 inches high) with two feet
- Jumps over a small hurdle
- While running, is able to alternate direction and stop easily without losing balance
- Hops on one foot 5 times
- Walks backwards on a line
- Gallops 10 feet
- Throwing ball so it hits a target from 5 feet away
- Independently get on/off a tricycle and pedal 20 feet

A 5- to 6-year-old child can typically:

- Stands on one foot for 10 seconds or longer
- Hops, and may be able to skip
- Can do a somersault
- Swings and climbs
- Stands on one foot for 10 seconds
- Stands on tiptoes without moving feet for 8 seconds
- Mimics movements accurately
- Skips 10 feet
- Jumps sideways
- Kicks a stationary ball straight for 10 feet
- Swims “doggy-paddle” 2 feet to the edge of the pool

- Pedals, steers, and stops a bike with training wheels independently

A child 6- to 8-years-old can typically:

- Demonstrate strong motor skills, but balance and endurance can vary
- Throws a ball both under and over hand
- Rides a two-wheeler bike (without trainer wheels by seven)
- Becomes skilled with hopscotch and rope skipping
- Runs up and down stairs
- Develop ball skills with smaller ball (and can catch it in one hand)
- Enjoys participation in team games
- Gradually becomes aware of own body and movement, and comparing to friends

Adapted from

<https://www.virtuallabschool.org/infants-toddlers/physical-development/lesson-2?module=7536>

<http://www.kamloopschildrenstherapy.org/gross-motor-infant-milestones>

<http://www.kamloopschildrenstherapy.org/gross-motor-skills-milestones-toddler>

<https://www.virtuallabschool.org/preschool/physical-development/lesson-2?module=7541>

<https://www.virtuallabschool.org/school-age/physical-development/lesson-2?module=7546>

<https://nspt4kids.com/parenting/gross-motor-preschool-milestones-3-years-to-5-years/>

https://www.health.qld.gov.au/__data/assets/pdf_file/0018/427230/28134.pdf

<http://www.kamloopschildrenstherapy.org/school-aged-gross-motor-milestones>