

Gross Motor Skills & Processes

- Reflexive movements
- Lift head
- Lift chest
- Turn & roll over
- Sit
- Crawl
- Pull to stand
- Transitions (sit to crawl, sit to stand)
- Balance
- Walk
 - 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 (ball 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