

Gross Motor Milestones for the Typical Developing Child

	1-2 Years	2-3 Years	3-4 Years	4-5 Years	5 Years
Standing/Walking	<ul style="list-style-type: none"> • Walks alone • Stands on tiptoe 	<ul style="list-style-type: none"> • Takes steps backward 	<ul style="list-style-type: none"> • Walks in a straight line • Walks on tiptoes if shown how 		<ul style="list-style-type: none"> • Stands on one foot for 10 seconds or longer
Stair Climbing	<ul style="list-style-type: none"> • Walks up and down stairs holding on to support 	<ul style="list-style-type: none"> • Walks up steps with help 	<ul style="list-style-type: none"> • Walks up and down stairs, alternating feet 		
Hopping/Jumping			<ul style="list-style-type: none"> • Jumps with both feet 		<ul style="list-style-type: none"> • Hops two or more times on each foot
Carrying	<ul style="list-style-type: none"> • Carries large toy or several toys while walking 				
Throwing/Catching		<ul style="list-style-type: none"> • Tosses or rolls a large ball 	<ul style="list-style-type: none"> • Throws a ball overhead • Tries to catch a large ball 		
Kicking	<ul style="list-style-type: none"> • Kicks a ball 		<ul style="list-style-type: none"> • Kicks ball forwards 		
Running/Skipping	<ul style="list-style-type: none"> • Begins to run stiffly, with eyes on the ground 		<ul style="list-style-type: none"> • Runs easily 		<ul style="list-style-type: none"> • Skips
Bending		<ul style="list-style-type: none"> • Bends over to pick up a toy and not fall 	<ul style="list-style-type: none"> • Bends over easily without falling 		
Pushing/Pulling	<ul style="list-style-type: none"> • Pulls toys behind while walking 		<ul style="list-style-type: none"> • Open doors 		
Climbing	<ul style="list-style-type: none"> • Climbs onto and down from furniture unassisted 	<ul style="list-style-type: none"> • Climbs 	<ul style="list-style-type: none"> • Climbs well 		
Riding		<ul style="list-style-type: none"> • Rides a toy 	<ul style="list-style-type: none"> • Pedals tricycle 		

Other

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- Swings
- Performs somersaults