

Gross Motor Development approximations in typically developing children.

Don't panic if your child has not mastered a skill at a certain age. The most important thing is that they are progressing. Continue to practice the skill. If you have concerns with your child's gross motor skills speak with your physician.

2-3 years old:

- *walks up stairs step by step with or without the railing
- *balances on one foot for 1-3 seconds
- *jumps off of the ground
- *begins to jump forward
- *walks on tip toes when asked
- *jumps down from a small height

3-4 years of age:

- *walks on balance beam sideways
- *walks down stairs placing one foot on each step without upper extremity support
- * may be able to alternate up stairs with one hand on the rail
- *catches a bounced ball
- *rides a tricycle
- * hops on one foot up to 5 times
- *balances on one foot 3-5 seconds
- *able to consecutively jump
- *stands on tip toes for 3 seconds while standing in place

4-5 years of age:

- *balances on one foot 5-6 seconds or more
- *walks on balance beam with one foot in front of the other
- *walks down stairs step over step with or without upper extremity support
- *kicks a rolling ball
- *catches a large and small ball with outstretched arms
- *throw a small ball overhand
- *hops on one foot 5-6 times or more
- *stand on tip toes for 8 seconds
- *can gallop 10 feet or more
- *throws a ball underhand
- *While running, is able to alternate directions, start and stop easily.
- *jumps forward up to 24 inches

5-6 years of age

- *balances on one foot up to 10 seconds or more
- *skips
- *rides a bike with or without training wheels
- *begins to jump rope
- *hops on one foot 10 times or more
- *catches a bounced or thrown ball with hands
- *walks on heels when asked
- *swings on swing, pumping by self
- *kicks a ball with getting air under the ball