



Gross-Motor Development Chart

Age	Milestones
0—6 months	<ul style="list-style-type: none"> ◆ Rolls over from tummy to back and vice versa ◆ Sits with support initially and later on independently
6—12 months	<ul style="list-style-type: none"> ◆ Crawls forwards on belly ◆ Acquires a seated position without assistance ◆ Changes into different positions: sitting, lying, crawling ◆ Pulls body up to a standing position ◆ Walks while holding onto furniture ◆ Takes 2-3 steps independently
12—18 months	<ul style="list-style-type: none"> ◆ Walks independently ◆ Attempts to run or runs with stiff movements ◆ Squats down to pick things up ◆ Crawls up stairs ◆ Creeps down stairs ◆ Assumes a seated position on a small chair ◆ Pulls toys behind while walking
18 months—2 years	<ul style="list-style-type: none"> ◆ Sits, crawls and walks ◆ Runs fairly well ◆ Pushes a ball with feet ◆ Walks up and down the stairs with assistance ◆ Jumps with feet together ◆ Jumps down and forwards ◆ Squats to play ◆ Stands on tiptoes with support ◆ Starts to use ride-on toys ◆ Throws a ball into a box ◆ Kick a ball forwards (by 2 years)

Age	Milestones
2– 3 years	<ul style="list-style-type: none"> ◆ Runs and walks well ◆ Turns corners while running and walking ◆ Carries a toy while walking ◆ Climbs onto or down from furniture independently ◆ Walks up the stairs alone using alternating feet ◆ Walks down stairs with 2 feet on the same step ◆ Imitates standing on tiptoes ◆ Jumps from bottom step ◆ Begins to ride a tricycle, moving forward with feet on the floor ◆ Stands on balance beam with two feet and attempts to step forward ◆ Picks up toys from the floor without falling over ◆ Kicks a ball forwards (by 3 years)
3—4 years	<ul style="list-style-type: none"> ◆ Walks on tiptoes ◆ Imitates standing on one foot ◆ Imitates simple body movements (e.g. touching toes) ◆ Climbs and clambers on climbing frames and ladders ◆ Uses the pedals on a tricycle ◆ Walks up and down stairs using alternating feet ◆ Jumps forward with two feet together ◆ Catches using the body
4—5 years	<ul style="list-style-type: none"> ◆ Stands on one foot for a short period ◆ Hops on one foot ◆ Throws a ball ◆ Catches a ball ◆ Runs around objects that are in the way ◆ Walks on a line (heel-to-toe) ◆ Jumps over objects ◆ Walks backwards
5—6 years	<ul style="list-style-type: none"> ◆ Steps forward when throwing a ball ◆ Catches a small ball using only the hands ◆ Balances on a balance beam ◆ Walks up stairs while carrying an object ◆ Walks backwards (toe-to-heel) ◆ Jumps forward at least ten times without losing balance ◆ Hops forwards ◆ Hangs from a bar for a short period of time ◆ Skips using a skipping rope ◆ Skips forwards (using the body)