

Gross Motor Development Checklists:

Age	Gross motor development
1 month	<ul style="list-style-type: none"> • Chin up in prone position • Turns head in supine position
2 months	<ul style="list-style-type: none"> • Chest up in prone position • Head bobs when held in sitting position
3 months	<ul style="list-style-type: none"> • Props on forearm in prone position • Rolls to side
4 months	<ul style="list-style-type: none"> • Sits with trunk support • No head lag when pulled to sit • Props on wrists • Rolls front to back
5 months	<ul style="list-style-type: none"> • Sits with pelvic support • Rolls back to front • Puts arms out front when falling • Sits with arms supporting trunk
6 months	<ul style="list-style-type: none"> • Sits momentarily propped on hands • Pivots in prone • In prone position, bears weight on one hand
7 months	<ul style="list-style-type: none"> • Bounces when held • Sits without support steadily • Lateral protection • Puts arms out to sides for balance
8 months	<ul style="list-style-type: none"> • Gets into sitting position • Commando crawls • Pulls to sitting / kneeling position
9 months	<ul style="list-style-type: none"> • "Stands" on feet and hands • Begins creeping • Pulls to stand • Bear walks (all four limbs straight)
10 months	<ul style="list-style-type: none"> • Creeps well • Cruises around furniture using two hands • Stands with one hand held • Walks with two hands held
11 months	<ul style="list-style-type: none"> • Pivots in sitting position • Cruises furniture using one hand • Stands for a few seconds • Walks with one hand held
12 months	<ul style="list-style-type: none"> • Stands well with arms high, legs splayed • Posterior protection • Independent steps
13 months	<ul style="list-style-type: none"> • Walks with arms high and out (high guard)
14 months	<ul style="list-style-type: none"> • Stands without pulling up • Falls by collapse • Walks well
15 months	<ul style="list-style-type: none"> • Stoops to pick up the toy • Creeps up stairs • Runs stiff-legged

	<ul style="list-style-type: none"> • Walks carrying toy • Climbs on furniture
16 months	<ul style="list-style-type: none"> • Stands on one foot with slight support • Walks backwards • Walks up stairs with one hand held
18 months	<ul style="list-style-type: none"> • Creeps down stairs • Runs well • Seats self in small chair • Throws ball while standing
20 months	<ul style="list-style-type: none"> • Squats in play • Carries large object • Walks down stairs with one hand held
22 months	<ul style="list-style-type: none"> • Walks up stairs holding rail, putting both feet on each step • Kicks ball with demonstration • Walks with one foot on walking board
24 months	<ul style="list-style-type: none"> • Walks down stairs holding rail, both feet on each steps • Kicks ball without demonstration • Throws overhand
28 months	<ul style="list-style-type: none"> • Jumps from bottom step with one foot landing • Walks on toes after demonstrations • Walks backward 10 steps
30 months	<ul style="list-style-type: none"> • Walks up stairs with rail, alternating feet • Jumps in place • Stands with both feet on balance beam • Walks with one foot on balance beam
33 months	<ul style="list-style-type: none"> • Walks swinging arms opposite of legs (synchronous gait)
3 years	<ul style="list-style-type: none"> • Balances on one foot for 3 seconds • Goes up stairs, alternating feet , no rail • Pedals tricycle • Walks heels to toe • Catches ball with stiff arms
4 years	<ul style="list-style-type: none"> • Balances on one foot for 4 to 8 seconds • Hops on one foot 2-3 times • Standing broad jump : 1-2 feet • Gallops • Throws ball overhead 10 feet • Catches bounced ball (4 ½ years)
5 years	<ul style="list-style-type: none"> • Walks down stairs with rail, alternating feet • Balances on one foot >8 secs • Hops on one foot 15 times • Skips • Running broad jump 2 to 3 feet • Walks backwards heel-toe • Jumps backward
6 years	<ul style="list-style-type: none"> • Tandem walks