

Gross Motor Skills - Milestones	
Age	Developmental Milestones
Newborn–2 months	<ul style="list-style-type: none"> • Turns head to both sides while on back • Lifts head and able to turn to both sides while on belly • Head lag with pull to sit • Kicking both legs and moving both arms equally while on back • Performs tummy time on floor regularly
3-4 months	<ul style="list-style-type: none"> • Raises head in line with trunk when pulled to sit • Pushes up on forearms and turn head side to side while on belly • Tolerates tummy time well • Rolls from belly to back
5 months	<ul style="list-style-type: none"> • Rolls from back to belly • Brings feet to mouth laying on back • Pushes up on hands with arms extended while on belly • Pivots in a circle while on belly to each side
6-8 months	<ul style="list-style-type: none"> • Sits alone • Reaches for toys to play in sitting • Catches self with loss of balance in sitting • Crawls on belly
9-11 months	<ul style="list-style-type: none"> • Moves between laying down and sitting upright without help • Crawls on hands and knees • Pulls to a standing position with one foot leading • Cruises around furniture • Walks with two hands held
11-12 months	<ul style="list-style-type: none"> • Walks with one hand held • Stands alone for a few seconds

13-14 months	<ul style="list-style-type: none"> ● Crawls up stairs ● Stands up from floor without support ● Walks alone well ● Squats and stands back up without holding onto support
15-18 months	<ul style="list-style-type: none"> ● Walks up stairs with hands or rails to help ● Crawls down the stairs (on belly, feet first) ● Can run, though falls easily ● Kicks a ball forward
2 years	<ul style="list-style-type: none"> ● Walks and runs fairly well ● Jumps in place with both feet off the ground ● Walks up and down stairs alone ● Kicks a ball with either foot
3 years	<ul style="list-style-type: none"> ● Balance on one foot for a few seconds ● Jump forward 10-24 inches ● Catches a large ball ● Rides a tricycle
By 4 years	<ul style="list-style-type: none"> ● Can run, jump and climb well, is beginning to skip ● Hops proficiently on one foot ● Can do hopscotch ● Catches a ball reliably ● Begins somersaults
By 5 years	<ul style="list-style-type: none"> ● Skips on alternate feet and jump rope ● Begins to skate and swim ● Rides bicycle with/without training wheels ● Climbs well