



Gross Motor Checklist



The following is a list of basic gross motor development milestones. A physical therapy evaluation would be recommended if the child lacks these skills.

0-4 Months

- Head bobs but stays mostly erect
- Rolls from side onto back and back to side
- Pushes up on forearms
- Kicks feet alternately
- Bears weight on feet for 1-2 seconds

5-6 Months

- Props with extended arms
- Rolls from stomach to back and back to stomach
- Aligns head with body when pulled to sit

7-10 Months

- Sits steadily
- Crawls and creeps on floor
- May pull up to kneel standing or standing with furniture support

11-14 Months

- Stands and cruises around furniture
- Begins to take steps independently
- Creeps up stairs
- Throws a ball with some cast

15-18 Months

- Walks sideways
- Walks upstairs held by hand
- Creeps backward down stairs
- Seats self in small chair

19-24 Months

- Runs well,
- Jumps in place

25-30 months

- Goes up and down stairs without help
- Kicks a ball

31-35 Months

- Walks with heel-to gait
- Walks with reciprocal arm swing
- Goes up stairs alternating feet
- Rides a tricycle beginning to use pedals

3-5 years

- Hop and Skips