

GROSS MOTOR CHECKLIST

0-3 Months

- ☐ Raises head & chest when on stomach stretches & kicks on back
- ☐ Opens & shuts hands
- ☐ Brings hands to mouth
- ☐ Bears weight through feet when held in standing (8+ weeks)
- ☐ Rotates head from cheek to cheek on tummy
- ☐ Fair head control when held (8+ weeks)

3-6 Months

- ☐ Brings feet & hands to mouth to play
- ☐ Supported sitting & propped sitting
- ☐ Good head control & able to hold in midline
- ☐ Holds trunk off legs in sitting (5+ months)
- ☐ Rolls tummy to back
- ☐ Straightens arms & bears weight on palms during tummy time
- ☐ Tracks toys while on back
- ☐ Reaches with either hands and can hold a toy
- ☐ Transfers object hand to hand
- ☐ Supports whole weight on legs

6-9 Months

- ☐ Rolls back to tummy & tummy to back
- ☐ Independent sitting with straight back
- ☐ Able to hold & play with a toy in sitting
- ☐ Able to break fall with open hand
- ☐ Plays in side sitting
- ☐ Gets from sitting to crawling position
- ☐ Pushes up to hands and knees
- ☐ Army crawl and pivotals on belly
- ☐ Pulls up with hands on table
- ☐ Plays on knees (tall kneeling)
- ☐ Transitions from sitting to tummy
- ☐ Supports weight & bounces in standing (7+ mo)

10-12 Months

- ☐ Pulls to stand on furniture or toy
- ☐ Can stay in standing if holding on
- ☐ Transitions from sitting to tummy
- ☐ Transitions from tummy to sitting
- ☐ Transitions from back to sitting
- ☐ 4-point crawls
- ☐ Independent standing 3-5 seconds
- ☐ Crawls over parent/caregiver legs
- ☐ Squats to reach for toy
- ☐ Cruises along furniture/walls
- ☐ Pulls to stand, leading with one leg at a time
- ☐ Transitions from bear crawl to stand

18 Months

- ☐ Walks independently
- ☐ Pushes and pulls toys
- ☐ Carries small toys
- ☐ Begins to run (stiff legs, looking down)

24 Months

- ☐ Squats to pick up toy and return to stand
- ☐ Walks up steps with help
- ☐ Takes steps backwards
- ☐ Stands on tip toes
- ☐ Tosses or rolls a large ball
- ☐ Kicks a ball
- ☐ Climbs on and off furniture without help

3 Years Old

- ☐ Opens doors
- ☐ Throws ball overhead
- ☐ Attempts to catch a large ball
- ☐ Walks up steps, alternating feet
- ☐ Walks on tip toes
- ☐ Walks in straight line
- ☐ Kicks a ball forward
- ☐ Jumps with 2 feet
- ☐ Pedals a tricycle

4 Years Old

- ☐ Hops on one foot
- ☐ Stands on one foot for 5 seconds
- ☐ Catches a bounced ball consistently
- ☐ Moves forward and backward without falling or tripping
- ☐ Walks downstairs, one hand on handrail, alternating feet

5 Years Old

- ☐ Stands on one foot for 10 seconds
- ☐ Climbs playground equipment efficiently
- ☐ Walks up and down stairs with alternating feet without support
- ☐ Beginning to skip
- ☐ Runs while changing directions



Three Little Ducks
HAWAII