

## GROSS MOTOR DEVELOPMENT

### 0–1 months

- Predominant head lag
- Head falls on chest
- May extend momentarily

### 0–2 months

- Lifts head momentarily from prone
- Turns head to both sides in supine

### 3 months

- Supports himself on forearms and raises thorax and head off bed when prone
- Rolls supine to side lying

### 4 months

- Holds head steady
- Pulls to sit with head in midline
- Sits if propped
- Bears part of weight when held upright
- Reaches for and grasps toy
- Has symmetrical postures

### 5–6 months

- Lifts head while supine
- Bears large amount of weight on legs
- Rolls from prone to supine
- Sits by leaning on hands, head erect
- Displays protective reactions forward
- Rolls from supine to prone

### 7–8 months

- Transfers object from hand to hand
- Sets in hand-knee position (4-point kneel)
- Helps hold bottle when being fed
- Pivots on abdomen, using hands and feet
- Sits indefinitely unsupported
- Has equilibrium reactions

### 9–10 months

- Creeps with true alternating creeping
- Gets into sitting position without help and recovers lost balance
- Pulls to standing
- Drinks from cup if assisted
- Moves about independently and explores
- Can side sit

### 11–12 months

- Balances momentarily while standing alone
- Cruises holding onto furniture
- Walks when one hand is held

### 13–15 months

- Walks alone – unequal steps on broad base
- Rises to standing and lowers independently
- Stops and starts walking without falling
- Climbs stairs when hand is held

### 16–18 months

- Runs stiffly with only occasional falls
- Climbs onto chair and bed
- Creeps up and down stairs
- Stands on one foot with help

### 19–21 months

- Runs well with little falling
- Climbs stairs holding onto rail, both feet on same step (marking time)
- Walks backwards

### 22–24 months

- Runs without falling but headlong
- Picks up object from floor
- Squats to roll and catch a ball

### 2–2½ years

- Can walk on tip toes
- Jumps with both feet in place
- Stands up from the floor without support
- Kicks ball with one hand 5 to 7 feet

### 3 years

- Goes up stairs alternating feet, both feet on same step (marking time) going down
- Jumps from bottom step
- Rides tricycle
- Shows reciprocal arm and leg gait pattern
- Runs on toes
- Stands on one foot for two seconds

## GROSS MOTOR DEVELOPMENT

### 4 years

- Goes up and down stairs alternating feet without rail
- Balances on one foot for four to eight seconds
- Throws ball overhand

### 6 years

- Jumps from 12-inch height, landing on toes
- Stands on alternating feet with eyes closed
- Shows advanced throwing (mature pattern) with accurate placement
- Walks forward, backwards, sideways on balance beam
- Hops on one foot
- Tandem walks backwards

### 5 years

- Gallops
- Skips with alternating feet
- Stands on one foot for more than eight seconds
- Tandem walks forward
- Catches thrown playground ball with both hands
- Uses a swing