

## Gross Motor

The Gross Motor area examines the child's development in large muscle coordination, strength, and stamina. This section involves postural reactions, balance and ambulation. Skills with play equipment and physical activities such as hopping, skipping, running, and jumping are included.

11 months	1. Stands alone
1 year	2. Walks alone, 3 steps
16 months	3. Stoops to pick up toy from floor
18 months	4. Seats self in small chair
	5. Pushes and pulls large object
21 months	6. Creeps backward downstairs
	7. Kicks ball while standing still
2 years	8. Jumps in place
28 months	9. Walks backwards
30 months	10. Climbs into paper carton
3 years	11. Stands with heels together, arms at side
	12. Stands on 1 foot, 1 second
	13. Walks on line
	14. Walks on tiptoes
	15. Jumps from 8" high object
	16. Standing broad jumps, 8 ½"
	17. Throws ball overhand, 5 feet
	18. Catches ball with extended stiff arms
	19. Walks up stairs alternating feet
	20. Carries a tray
	21. Pedals tricycle around wide corners
4 years	22. Carries cup of water
	23. Walks on circular line
	24. Stands on 1 foot, 5 seconds
	25. Hops on 1 foot
	26. Walks forward heel-to-toe
	27. Skips on 1 foot (gallops)
	28. Throws ball overhand, 10 feet
	29. Catches ball with arms bent at elbows
	30. Walks up and down stairs alternating feet
	31. Pedals tricycle around obstacles and sharp corners
	32. Climbs ladders of playground equipment
	33. Running broad jumps
54 months	34. Hangs from bar
	35. Catches bounced ball
5 years	36. Marches rhythmically to music
	37. Stands on tiptoes with hands on hips
	38. Touches toes with both hands
	39. Stands on 1 foot with arms folded across chest
	40. Stands on each foot alternately
	41. Swings each leg separately back and forth
	42. Walks up and kicks ball
	43. Hops forward on each foot separately
	44. Skips on alternate feet
	45. Jumps backward
	46. Walks backward heel-to-toe
	47. Runs 35 yard dash
6 years	48. Carries 10 lb. Sack
	49. Stands on each foot alternately with eyes closed
	50. Jumps and turns
	51. Bounces ball with 1 hand and catches with 2 hands
	52. Catches ball with 1 hand
	53. Standing broad jumps, 38"
	54. Jumps over yardstick
	55. Jumps rope
	56. Pulls up and holds chin above overhead bar.