

# LifeScape

## Gross Motor Development Checklist

### 0 to 2 Months

- Active movement of arms & legs when on their back
  - Brings hands together or to their mouth
  - Lifts and turns head side to side when on their tummy
  - Lifts head briefly when on their tummy
  - Head bobs when sitting or when held at parent's shoulder
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### 3 to 5 Months

#### ***Lying on their back:***

- Brings hands to knees (4 mos) and to feet (5 mos)
- Rolls from back to side (4-5 mos)
- Rolls from tummy to back (4-5 mos)

#### ***Lying on their tummy:***

- Lifts and holds head up while looking side to side
- Props on forearms (4 mos) and on straight arms (5 mos) when lying on their tummy

#### ***Sitting:***

- Sits with support at lower chest (3-4 mos)
- Props on arms briefly (5 mos)

#### ***Standing:***

- Supports part of their weight when standing with total support for balance
  - Stands with feet wide apart
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### 6 Months

#### ***Lying on their back:***

- Rolls from back to side and onto tummy
- Lifts and holds arms and legs up in the air

#### ***Lying on their tummy:***

- Reaches forward to play with toys with arms
- Pivots on tummy and begins to pull self forward
- Baby plays with fingers, hands, and toes

#### ***Sitting:***

- Sits alone using their arms for support

- Sits well in high chair

- Begins to reach for toys with 1 arm while supporting with other
- Reaches forward with arms to keep from falling over

#### ***Standing:***

- Stands with feet closer together
  - Stands with hands or arms held
  - May begin to bounce up and down
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### 7 to 9 Months

#### ***Lying on the back/side:***

- Uses wide variety of positions during play

#### ***Lying on their tummy:***

- Moves into hands and knees
- Pulls self forward efficiently to reach toys

#### ***Hands and knees:***

- Reaches for toys with 1 hand
- Rocks back and forth

- Moves into sitting and kneeling at a surface
- Begins to crawl on hands and knees

#### ***Sitting:***

- Sits on floor alone without using arms
- Reaches to side with arms to keep from falling over
- Reaches for toys in all directions and returns to sitting
- Moves between sitting and hands and knees

# *LifeScape*

## *Gross Motor Development Checklist*

### 7 to 9 Months *continued...*

#### **Standing:**

- Pulls self to stand at furniture
  - Leans against a surface during play
  - Stands with 1 hand held
  - Takes steps with 2 hands held
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### 10-12 Months

#### **Sitting:**

- Reaches behind with arms to keep from falling over
- Moves easily between many different positions
- Sits alone on small chair or stool

#### **Hands and knees:**

- Crawls on hands and knees efficiently
- Crawls up and down stairs
- Crawls on/off low furniture

#### **Standing:**

- Steps sideways along furniture (10 mos)
  - Stands alone
  - Stands up from middle of floor
  - Walks with 1 hand held (10 mos)
  - Walks alone (3-4 steps)
  - Lowers self to floor
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### 12 to 16 Months

- Walks up stairs with help or holding onto railing
- Stops, picks up toy from floor and resumes walking
- Walks with arms by their side (up to 16 mos)
- Walks on uneven surfaces without falling

- Corrals a ball while sitting
  - Roll a ball towards another person
  - Flings object in all directions
  - Runs stiffly
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### 17 to 24 Months

- Walks faster with arms by their side, feet closer together
- Walks backwards and sideways
- Walks down stairs with help
- Squats while playing
- Runs smoothly

- Kicks a ball
  - Throws a ball overhand
  - Gets in and out of a child size chair
  - Jumps clearing floor
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### 2 years

- Runs using an immature running pattern
- Walks up stairs without support from wall or railing placing both feet on each step
- Walks down stairs without support from wall or railing placing both feet on each step

- Jumps up clearing floor
- Walks on tiptoes
- Catches a ball against their body
- Throws overhand and underhand
- Propels ride on toys

# ***LifeScape***

## ***Gross Motor Development Checklist***

### **2 1/2 years**

- Stands on 1 leg for 2-3 seconds
  - Jumps over low objects
  - Jumps down off of low surfaces
  - Walks up steps with support placing 1 foot on each step
  - Walks using a mature, heel to toe walking pattern
  - Walks up on tiptoes
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### **3 years**

- Reaches up on tiptoes
  - Walks up steps without support placing 1 foot on each step
  - Walks down steps without support placing 1 foot on each step
  - Pedals a tricycle
  - Jumps several times without pausing
  - Plays catch with an adult
  - Runs using a well coordinated running pattern
  - Climbs on low playground equipment
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### **4 years**

- Hops on 1 leg
  - Somersaults
  - Changes direction while running
  - Gallops leading with 1 leg forward
  - Catches large ball with hands alone
  - Rides small bike with training wheels
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### **5 years**

- Hopscotch
- Hops several times on 1 leg
- Skips alternating legs
- Dribble a large ball
- Bounce and catch a ball
- Strike a ball with a bat or racket
- Catch a small ball using hands alone
- Safely climbs on high playground equipment

### ***References***

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