

Gross Motor Skills

Milestones

Gross motor skills are body movements that use the larger muscles of the arms, legs, and torso.

As your child grows, watch for these milestones. But also remember that every child develops differently.

Birth to 5 Months

- Controls head better and better
- Thrusts arms in play
- Rolls from side to side or over

6 to 9 Months

- Sits alone briefly
- Moves from sitting to lying on stomach
- Stands with support

2 to 3 Years

- Runs
- Walks down stairs one step at a time
- Jumps forward twelve inches or more

16 Months to 2 Years

- Jumps in place
- Manages riding toys
- Kicks a ball

10 to 15 Months

- Creeps, crawls, cruises, then begins to walk without support
- Climbs up onto low furniture

3 to 4 Years

- Catches a bounced ball
- Pedals a trike
- Climbs on jungle gyms and ladders

4 to 5 Years

- Throws a ball overhand
- Hops on one foot
- Somersaults