



Gross Motor Skills Tips for Children Development (Sources: Children's Hospital of Richmond at VCU and others)

The discussion is for information purpose only and should never be used for diagnosis. Please consult a certified medical professional for diagnosis.

By 12 months

Newborn to 2 months • Turns head to both sides while on back • Lifts head and able to turn to both sides while on belly • Head lag with pull to sit • Kicking both legs and moving both arms equally while on back • Performs tummy time on floor regularly
3-5 months • Raises head in line with trunk when pulled to sit • Pushes up on forearms and turn head side to side while on belly • Tolerates tummy time well • Rolls from belly • Brings feet to mouth laying on back • Pushes up on hands with arms extended while on belly • Pivots in a circle while on belly to each side
6-12 months • Sits alone • Reaches for toys to play in sitting • Catches self with loss of balance in sitting • Crawls on belly • Moves between laying down and sitting upright without help • Crawls on hands and knees • Pulls to a standing position with one foot leading • Cruises around furniture • Walks with two hands held • Stands alone for a few seconds

By 24 months

13-14 months • Crawls upstairs • Stands up from the floor without support • Walks alone well • Squats and stands back up without holding onto support
15-18 months • Walks upstairs with hands or rails to help • Crawls down the stairs (on belly, feet first) • Can run, though falls easily • Kicks a ball forward

By 3 years

2 years • Walks and runs fairly well • Jumps in place with both feet off the ground • Walks up and down stairs alone • Kicks a ball with either foot
3 years • Balance on one foot for a few seconds • Jump forward 10-24 inches • Catches a large ball • Rides a tricycle

By 5 years

4 years • Can run, jump and climb well, is beginning to skip • Hops proficiently on one foot • Can do hopscotch • Catches a ball reliably • Begins somersaults
5 years • Skips on alternate feet and jump rope • Begins to skate and swim • Rides bicycle with/without training wheels • Climbs well