**Stepping Stone Pediatric Physical Therapy**

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Gross Motor Checklist



Birth - 11 Months Old

Newborn (1-4 weeks)

\_\_\_\_ Lying on stomach with head turned, responds to sound of rattle (behind head) by turning head

\_\_\_\_ Moves arms and legs when lying on back

\_\_\_\_ Rolls from side to back when responding to rattle shaken behind head

1 month

\_\_\_\_ Holds head off of chest in fully supported sitting

2 months

\_\_\_\_ When pulled to sit from lying on back, holds head in midline at least 75% of time

\_\_\_\_ When lifted in a horizontal (flying) position, holds head in line with body for 3 seconds

\_\_\_\_ When held at adult’s shoulder and bounced gently, holds head in line with body for 2-3 bounces

\_\_\_\_ Puts weight through legs in supported standing with feet flat on surface

\_\_\_\_ Lifts head 45 degrees for 3 seconds when lying on stomach

3 months

\_\_\_ Holds head in midline when held upright (no consistent tilt to either side)

\_\_\_ Brings hands together in the middle of body when lying on back
\_\_\_ Turns head to both sides to watch an object moving slowly in an arc
\_\_\_ Lifts both arms and legs off the surface when lying on back, moves them equally
\_\_\_ Props on elbows to lift head when lying on stomach

\_\_\_ Rolls from side to back

4 months
\_\_\_ Begins to roll back to stomach
\_\_\_ Grasps rattle when placed in hand
\_\_\_ Reaches toward toy and touches it

\_\_\_ Keeps head in line with body (midline) when pulled to sitting from lying on back

5 months

\_\_\_ Sits using hands for support (tripod/prop sit)

\_\_\_ Grabs both feet and holds them when lying on back
\_\_\_ Brings feet to mouth when lying on back
\_\_\_ Props on extended arms when lying on stomach
\_\_\_ Holds and shakes a toy

\_\_\_ Puts fingers in mouth

6 months

\_\_\_ Sits independently (without external support or using hands to prop) for at least 1 minute

\_\_\_ Lifts chest off the surface by propping on extended arms when lying on stomach

\_\_\_ Reaches for a toy when playing on stomach

\_\_\_ Puts arms out toward surface when falling forward or sideways

7 months

\_\_\_ While sitting, retrieves a toy (12 inches in front) and returns upright

\_\_\_ Rolls stomach to back
\_\_\_ Rolls back to stomach

8 months

\_\_\_ Moves forward 3 feet while lying on stomach

9 months

\_\_\_ Gets into a hands and knees position (all fours)

\_\_\_ Rocks back and forth on hands and knees for 5 seconds
\_\_\_ Transfers from sitting to hands and knees position (all fours)

\_\_\_ Creeps (crawls) forward on hands and knees
\_\_\_ Scoots forward in sitting for 3 feet
\_\_\_ Pivots in sitting 90 degrees to both sides

\_\_\_ Pulls to standing using a stable object for support
\_\_\_ Walks with two hands held

\_\_\_ Moves arms and head forward in attempt to recover balance when falling backward in sitting

10 months

\_\_\_ Maintains sitting for 60 seconds while playing with a toy

\_\_\_ Moves to sitting from stomach
\_\_\_ Creeps (on hands and knees) over your legs
\_\_\_ Bounces while holding onto your fingers

\_\_\_ Cruises (side steps) at least 4 steps along furniture
\_\_\_ Lowers to sitting from standing without falling

\_\_\_ Plays in standing for 3 minutes
\_\_\_ Bends slightly when standing at table to retrieve object from floor

\_\_\_ Puts arms out toward surface when falling backward in sitting

11 months

\_\_\_ Cruises (side steps) on and between furniture (holding furniture for support)
\_\_\_ Pivots 180 degrees in sitting
\_\_\_ Stands for 5 seconds without support

\_\_\_ Walks 4 steps forward with 1 hand held
\_\_\_ Walks with a push toy for 10 feet

12-23 Months Old

12 months

\_\_\_ Stands up from the middle of the floor, without pulling up on a stable surface

\_\_\_ Walks 8 feet with one hand held
\_\_\_ Walks independently for 5 steps
\_\_\_ Traps a ball with arms and hands in sitting

13 months

\_\_\_ Maintains a kneeling position for 5 seconds (bottom off heels)
\_\_\_ Bends to retrieve object from the floor when standing without support then takes 3 steps
\_\_\_ Rolls a ball 3 feet forward while sitting
\_\_\_ Flings a small ball while standing

14 months

\_\_\_ Climbs up stairs on hands and knees
\_\_\_ Walks 10 feet without falling (not walking on toes)

15- 16 months

\_\_\_ Climbs down stairs independently
\_\_\_ Walks up stairs holding wall or rail (one or both feet on each step)

\_\_\_ Lifts foot to contact ball in attempt to kick
\_\_\_ Throws ball overhand without loosing balance

17- 18 months

\_\_\_ Walks fast
\_\_\_ Walks 5 steps backward

\_\_\_ Walks down stairs with support of one finger (one or both feet on each step)

19-20 months

\_\_\_ Runs forward 10 feet
\_\_\_ Stands heel to toe on a line for 2 seconds

\_\_\_ Kicks ball 3 feet
\_\_\_ Throws ball overhand 3 feet
\_\_\_ Moves forward on a scoot toy or balance bike (after practice)

21-22 months

\_\_\_ Walks sideways for 10 feet
\_\_\_ Walks with 1 foot on a line for 6 feet

2 Years Old

24 months

\_\_\_ Jumps off the floor 2 inches

\_\_\_ Jumps forward 4 inches
\_\_\_ Jumps down from 7-inch step (one foot may lead) without assistance
\_\_\_ Walks up stairs without rail (one or both feet on each step)

\_\_\_ Throws ball underhand 3 feet

\_\_\_ Kicks ball 3 feet with direction

\_\_\_ Climbs up jungle gym

25-26 months

\_\_\_ Walks down 4 steps without holding rail (one or both feet on each step)
\_\_\_ Walks backward for 10 feet
\_\_\_ Presents arms and attempts to catch ball

\_\_\_ Slides down independently

27-28 months

\_\_\_ Takes three consecutive steps when walking on a line with hands on hips

\_\_\_ Walks up stairs holding a rail placing one foot on each step
\_\_\_ Throws ball 7 feet overhand
\_\_\_ Walks across a 6 inch balance beam without support

29-30 months

\_\_\_ Jumps down from a 7-inch step without assistance (one foot may lead)
\_\_\_ Walks on tiptoes for 5 feet with hands on hips
\_\_\_ Runs 30 feet in 6 seconds
\_\_\_ Throws ball 7 feet underhand
\_\_\_ Kicks ball 6 feet forward using opposing arm and leg movement

31-32 months

\_\_\_ Stands on one foot for 3 seconds with hands on hips

\_\_\_ Jumps forward 24 inches, using 2-footed takeoff and landing
\_\_\_ Jumps down from 18-inch step without assistance, using 2-footed takeoff and landing

33-34 months

\_\_\_ Jumps over a 2-inch hurdle, using 2-footed takeoff and landing
\_\_\_ Walks on tiptoes for 8 feet with hands on hips

\_\_\_ Catches ball with arms extended from 5 feet

3 Years Old

36 months

\_\_\_ Walks up stairs without hand support placing one foot on each step

\_\_\_ Rides a tricycle

37-38 months

\_\_\_ Runs 45 feet in 6 seconds

39-40 months
\_\_\_ Jumps forward 26 inches, using 2-footed takeoff and landing

…\_\_\_ Throws ball overhand
\_\_\_ Throws ball underhand to hit target from 5 feet

41-42 months

\_\_\_ Runs with a coordinated pattern
\_\_\_ Walks 4 feet on a line with hands on hips

\_\_\_ Stands on one foot with hands on hips for 5 seconds
\_\_\_ Catches large ball using hands only from 5 feet (not using chest to trap the ball)

43-44 months
\_\_\_ Walks up stairs without hand support placing one foot on each step

\_\_\_ Hops forward 6 inches on 1 foot

\_\_\_ Stands on tiptoes with arms overhead for 3 seconds
\_\_\_ Throws ball overhand to hit target from 5 feet

45-46 months

\_\_\_ Stands on one foot for 5 seconds
\_\_\_ Runs and stops within 2 steps of being asked to stop
\_\_\_ Walks backwards on a line 4 feet with hands on hips

\_\_\_ Throws ball 10 feet underhand

47-48 months

\_\_\_ Jumps forward 30 inches, using a 2-footed takeoff and landing
\_\_\_ Hops 5 times on one foot, then at least 3 times on the other foot
…\_\_\_ Throws ball underhand 10 feet while stepping
\_\_\_ Walks across a 4-inch balance beam with hands on hips

4 Years Old

49-52 months

\_\_\_ Stands on tiptoes for 8 seconds with arms over head
\_\_\_ Walks backward on a line 5 steps with hands on hips

\_\_\_ Jumps forward 36 inches, using a 2-foot takeoff and landing

\_\_\_ Performs a forward roll
\_\_\_ Gallops 10 feet
\_\_\_ Throws overhand to hit target from 12 feet
\_\_\_ Bounces a tennis ball so it hits floor then wall
\_\_\_ Catches a tennis ball thrown from 5 feet, hands only

\_\_\_ Rides a 2-wheeled bike with training wheels
\_\_\_ Rides a 2-wheeled scooter

53-54 months

\_\_\_ Stands on one foot for 6 seconds
\_\_\_ Imitates 4 arm positions
\_\_\_ Performs a turning jump (jumps so feet land in opposite direction from starting position)
\_\_\_ Hops forward 3 feet on each foot

57-58 months
\_\_\_ Jumps over a 10-inch hurdle

\_\_\_ Runs 20 feet in 5 seconds or less
\_\_\_ Skips 8 feet
\_\_\_ Independently propels self on swing by pumping legs
\_\_\_ Jump over a jump rope turned by other people (after practice)

\_\_\_ Roller skate without coordination (after practice)

5-6 Years Old

59-62 months

\_\_\_ Stands on one foot for 10 seconds with hands on hips

\_\_\_ Performs 3 sit-ups in 30 seconds
\_\_\_ Jumps sideways over a line 3 cycles
\_\_\_ Skips 10 feet with coordination

\_\_\_ Performs 10 jumping jacks
\_\_\_ Rides a 2-wheeled bike without training wheels
\_\_\_ Jumps rope consecutive times while propelling the rope

63-72 months

\_\_\_ Performs 5 sit-ups in 30 seconds
\_\_\_ Performs 8 push-ups in 20 seconds
\_\_\_ Hops 20 feet in 6 seconds
\_\_\_ Kicks a ball 12 feet in the air
\_\_\_ Bounces a tennis ball with one hand then catches it with the same hand
\_\_\_ Takes 3 consecutive steps on a 2-inch balance beam

\_\_\_ Roller skates with coordination
\_\_\_ Swings across monkey bars independently
\_\_\_ Drop-kicks a ball with direction