

3 Month Old Gross Motor Milestones

- Keeps head in midline when laying on their back
- Lifts head to 90 degrees on tummy
- Bears weight through their forearms on tummy
- Sits with upright back and head when supported by a caregiver at their trunk
- Bears some weight through their legs when supported in standing
- Follows light, faces and objects with their eyes, and will turn head to follow visual stimuli

6 Month Old Gross Motor Milestones

- Brings hands to feet when lying on their back
- Pushes up onto extended arms when lying on their belly, and may shift weight onto one arm to reach for toys
- Can sit unsupported, but is unable to turn head or reach for toys without losing balance
- Will pull to sit when grasping parents fingers
- Can stand while both hands are held
- Can roll back to tummy and tummy to back

Questions or concerns about your baby's gross motor skills? Ask about a physical therapy evaluation at Sensory Solutions today!

9-10 Month Old Gross Motor Milestones

- Crawls on hands and knees
- Can sit unsupported and play with toys using both hands without losing balance
- Can easily transition in and out of sitting
- Pulls to stand at support surface
- Stands with support through symmetrical weight bearing on both legs
- In standing, while holding onto furniture, begins to reach and play with hands
- Begins to cruise around furniture and may reach for a close surface

12 Month Old Gross Motor Milestones

- Stands independently
- Can squat to pick up toys
- Stands up from the floor using legs > arms
- Starts to take steps forward
- Can easily cruise around furniture and transition between two pieces of furniture in standing
- Starts to climb up stairs on hands and knees

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18 Month Old Gross Motor Milestones

- Walks independently
- Walks backward 5 steps while pulling a toy on a string
- Walks independently carrying a large toy without loss of balance
- Begins to run or walk more quickly
- Begins to walk up and down stairs holding rail or parent's hand
- Begins to use riding toys by pushing off with feet
- Lifts foot and contacts ball in attempt to imitate kicking a ball
- In standing, throws a 6-8 inch play ball

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2 Year Old Gross Motor Milestones

- Walks independently with a narrow base of support
- Walks sideways
- Walks up and down the stairs placing two feet on each step without using the rail
- Immature running starts to emerge
- Jumps forward up to 4 inches
- Throws a ball forward 3 feet
- Kicks a ball forward 3 feet
- Reaches arms forward in an attempt to catch a ball

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3 Year Old Gross Motor Milestones

- Stands on one foot for 3 seconds without loss of balance
- Walks up 4 steps while placing 1 foot on each step, without holding onto rail
- Jumps forward 24 inches with 2- foot takeoff and landing without loss of balance
- While running, able to make a sharp turn around corners without losing balance
- Can pedal a tricycle independently
- Climbs jungle gyms and ladders
- Can kick a ball forward 6 feet
- Catches ball with hands and arms extended

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4 Year Old Gross Motor Milestones

- Walks up and down the stairs with one foot on each stair without using the rail
- Stands on one foot for 5 seconds
- Throws a ball forward 10 feet and is able to hit a target from 5 feet away
- Walks forward on a straight line (tandem walking)
- Quickly and easily stops and changes directions while running
- Begins to gallop
- Jumps forward 30 inches
- Jumps on one foot forward 6 inches

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5 Year Old Gross Motor Milestones

- Stands on one foot for 10 seconds
- Hops on either foot 8-10 times
- Can do a forward somersault
- Can gallop smoothly and begins skipping forward
- Pedals and steer a bicycle with training wheels
- Catches a tennis ball with hands only from 5 feet away
- Jumps over a 10 inch obstacle with 2 foot takeoff and landing without loss of balance

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