

GROSS-MOTOR MILESTONES

Age	Gross Motor Skills
0-3 months	- Holds head up in prone position
4-5 months	- Rolls from back to side - Props on forearms when on stomach - Is starting to pivot on stomach - Sits propped on arms
6-7 months	- Rolls from back to stomach and stomach to back - Pushes up onto extended arms when on stomach - Sits independently
8-11 months	- Crawls on hands and knees - Pulls to stand - Cruises along furniture - Stands without support momentarily - Walks with one or two hands held
12-15 months	- Walks independently - Crawls up stairs - Throws a ball
16-18 months	- Walks backwards and sideways - Crawls down stairs - Walks up stairs with both feet on each step with railing or hand held - Is starting to kick
19-24 months	- Begins to run - Walks up and down stairs with two feet on each step and a railing - Jumps in place - Kicks a ball
2-3 years old	- Walks up and down stairs using an alternating pattern - Pedals a tricycle - Jumps forward - Balances on one foot for 2-5 seconds
4-5 years old	- Skips - Can hop on one foot - Balances on one foot for 5-10 seconds