

## A. Gross Motor Skills

Birth to 18 months	18 to 36 months	36 to 60 months
<b>Some Indicators for Children:</b>	<b>Some Indicators for Children:</b>	<b>Some Indicators for Children:</b>
<ol style="list-style-type: none"> <li>Lifts head and chest while on tummy</li> <li>Supports upper body with arms while lying on tummy</li> <li>Gains control of arm and leg movements</li> <li>Rolls over (front to back, back to front)</li> <li>Pounds on things with hands and kicks legs</li> <li>Sits with support</li> <li>Rocks back and forth on hands and knees and, later, crawls</li> <li>Sits without support</li> <li>Pulls self up to stand, holding onto something or someone</li> <li>Stands independently</li> <li>Walks holding onto furniture</li> <li>Walks</li> <li>Stoops or squats to explore things on the ground</li> <li>Tries to climb stairs, with assistance</li> </ol>	<ol style="list-style-type: none"> <li>Carries toys or objects while walking</li> <li>Walks and runs with skill, changing both speed and direction</li> <li>Walks backwards</li> <li>Climbs both in and out of bed or onto a steady adult chair</li> <li>Pounds object with intent and precision (e.g., hammers peg with accuracy)</li> <li>Jumps in place</li> <li>Has a basic ability to kick and throw a ball</li> <li>Balances on one foot briefly</li> <li>Bends over easily without falling</li> <li>Walks in a straight line</li> <li>Walks downstairs placing both feet on each step; walks upstairs alternating feet with support/holding handrail</li> <li>Uses feet to push forward and backwards while riding a toy</li> <li>Runs fairly well and negotiate stairs with alternating feet</li> <li>Pedals appropriate sized tricycle</li> </ol>	<ol style="list-style-type: none"> <li>Walks and runs and navigates obstacles and corners</li> <li>Crawls through a play tunnel or under tables</li> <li>Climbs on play equipment</li> <li>Throws ball overhand with some accuracy</li> <li>Catches large balls with two hands</li> <li>Kicks ball forward</li> <li>Hops forward on one foot without losing balance</li> <li>Jumps on two feet and over small objects with balance and control</li> <li>Gallops with skill</li> <li>Pedals consistently when riding tricycle and navigates obstacles and corners</li> <li>Walks up and down stairs, using alternating feet, without support</li> <li>Walks backwards and runs with enough control for sudden stops</li> </ol>

### Sample Strategies to Promote Development and Learning:

- Provide opportunities for child to move freely during waking hours, including time on tummy.
- Provide a variety of objects to be pulled, pushed, and held.
- Play interactive games and sing songs from child's cultural background that involve child's hands and feet.

### Sample Strategies to Promote Development and Learning:

- Provide opportunities for child to run, throw, jump, and climb.
- Provide physical activities that promote balance (e.g., rocking, swinging, rolling, spinning).
- Modify activities to ensure participation of child with special needs (e.g., provide ramps or low steps to ensure access to climbing equipment).

### Sample Strategies to Promote Development and Learning:

- Provide safe equipment and environments that vary in skill levels (e.g., tricycles, tires, hoops, balls, balance beam, climbing equipment).
- Teach child new skills (e.g., skip, throw overhand, jump rope, hula hoop, swim).
- Provide opportunities for dance and other movement activities that use both sides of the body (e.g., bending, twisting, stretching, balancing).