



## Developmental Milestones—Gross Motor Skills

### 1—3 Months

- ◆ Head bobs but stays mostly erect
- ◆ When on stomach can lift head and turn
- ◆ Kicks arms and legs alternately
- ◆ Attempts to hold head at midline
- ◆ Rolls from side to back

### 6 months

- ◆ Holds head at midline
- ◆ Can sit momentarily without support
- ◆ Grabs for knees or feet with hands
- ◆ Rolls belly to and from back

### 9 months

- ◆ Sits independently while playing with toy
- ◆ Crawls, creeps and pivots on belly

### 12 months

- ◆ Raises to a sitting position
- ◆ Pulls up to stand at support
- ◆ Cruises along furniture

### 15 months

- ◆ Stands independently
- ◆ Takes several steps with 1 hand held
- ◆ Rolls a ball back and forth in sitting position

### 18 months

- ◆ Walks independently
- ◆ Crawls up and down stairs
- ◆ Lifts foot and attempts to kick a ball

### 24 months

- ◆ Runs
- ◆ Walks up & down stairs with one hand held
- ◆ Throws a ball overhand
- ◆ Kicks a ball several feet

### 30 months

- ◆ Jumping forward and up several inches
- ◆ Walks up and down stairs without help
- ◆ Runs well
- ◆ Attempts to catch an 8 inch ball

### 3-5 years

- ◆ Rides a trike
- ◆ Hops, gallops, skips
- ◆ Stands on one foot 5-10 seconds