



Hey Parents!

Preschoolers grow and develop quickly, and it can be tricky keeping track of the different milestones!

The following list serves as a general guideline for gross motor development. Each child develops skills on their own timeline! Our goal for this pamphlet is to empower you with a deeper knowledge and understanding of gross motor development and to know when to seek help for concerns of delay. If you have concerns about your child's gross motor development, it's better to seek help and ask than to wait and see. Contact us if you have any questions or concerns!



Contact Us

12911 120th Ave NE, Suite E60
Kirkland, WA 98034
karissa@1ststeppediatric.com
425-298-7190







www.1ststeppediatric.com

Preschool Gross Motor Development








First Step
Pediatric Therapy





18-24 Months

-  Begins to run
-  Walks up steps with a step-to pattern with hand or railing
-  Stand on one foot briefly
-  Throw a small ball in overhand pattern





24-36 months

-  Jumps off of a low step
-  Climbs up low playground equipment
-  Kicks a small ball
-  Ascends and descends stairs without support
-  Walk backwards without losing balance





3 years

-  Begins to jump off of the ground
-  Walk up stairs alternating feet
-  Begins to ride a tricycle
-  Extends arms in anticipation to catch a ball





3.5 years

-  Hop a few times on preferred foot, balances on one foot for 3 seconds
-  Demonstrates true running pattern
-  Jumps off the ground with two feet symmetrically
-  Catches ball by trapping it against chest

4 years

-  Jumps forward 2-3 inches
-  Walks down stairs alternating feet
-  Stand on tip toes
-  Runs fluidly with arm swing and can gallop

5 years

-  Hops 8-10 hops on preferred foot
-  Throw a ball to a target 10 feet away
-  Learning to bike
-  Learning to skip and jump rope