

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!

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Contact Us

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Preschool Gross Motor Development





First Step Pediatric Therapy

18-24 Months



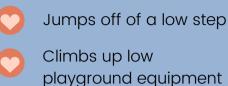
Begins to run

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







Ascends and descends stairs without support

Kicks a small ball

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

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- Hop a few times on preferred foot, balances on one foot for 3 seconds
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- 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