



EMPOWER

Gross Motor Skills and Age Appropriate Physical Activity

Age	Gross Motor Skills
2 mo.	Can hold head up and begins to push up when lying on tummy
4 mo.	Holds head steady, unsupported; Pushes down on legs when feet are on a hard surface; May be able to roll over from tummy to back; Brings hands to mouth; When lying on stomach, pushes up to elbows
6 mo.	Rolls over in both directions (front to back, back to front); Begins to sit without support; When standing, supports weight on legs and might bounce
9 mo.	Can get into sitting position; Sits without support; Pulls to stand; Crawls
1 yr.	Gets to a sitting position without help; Walks holding on to furniture; May take a few steps without holding on; May stand alone
18 mo.	Walks alone; May walk up steps and run; Pulls toys while walking
2 yrs.	Stands on tiptoe; Kicks a ball; Begins to run; Climbs onto and down from furniture without help; Walks up and down stairs holding on; Throws ball overhand; Balances on one foot
3 yrs.	Climbs well; Runs easily; Pedals a tricycle (3-wheel bike); Walks up and down stairs, one foot on each step
4 yrs.	Hops and stands on one foot up to 2 seconds; Catches a bounced ball most of the time; Attempts to skip
5 yrs.	Stands on one foot for 10 seconds or longer; Hops; may be able to skip; Can do a somersault; Throws over hand; Swings and climbs
6 yrs.	Catches using hands, rides bike, bounces ball

Source: Center for Disease Control and Prevention. Developmental Milestones: 2months through 6 years. July 5, 2012. Available at: <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>