

Motor Skills

gross & fine motor skills & coordination

Up to One Year

- # Gross Motor: sits without support
- # crawls
- # pulls self to standing position and stands unaided
- # walks with aid
- # rolls a ball in imitation of adult
- Fine Motor:
 - # reaches, grasps, puts object in mouth
 - # picks things up with pincer grasp (thumb and one finger)
 - # transfers object from one hand to the other
 - # drops and picks up toy

One To Two Years

- Gross Motor:
 - # walks alone
 - # walks backwards
 - # picks up toys from floor without falling
 - # pulls toys, pushes toys
 - # seats self in child size chair
 - # walks up and down stairs with hand held
 - # moves to music
- Fine Motor:
 - # builds tower of three small blocks
 - # puts four rings on stick
 - # places five pegs in pegboard
 - # turns pages two or three at a time
 - # scribbles
 - # turns knobs
 - # throws small ball
 - # paints with whole arm movement, shifts hands, makes strokes

Two To Three Years

- Gross Motor:
 - # runs forward well
 - # jumps in place with two feet together
 - # stands on one foot (with aid)
 - # walks on tiptoe
 - # kicks a ball forward
- Fine Motor:
 - # strings four large beads
 - # turns single pages
 - # snips with scissors
 - # holds crayon with thumb and fingers (not fist)
 - # uses one hand consistently in most activities
 - # imitates circular, vertical, horizontal strokes
 - # paints with some wrist action; makes dots, lines, circular strokes
 - # rolls, pounds, squeezes, and pulls clay

Three to Four Years

Gross Motor:

- # runs around obstacles
- # walks on a line
- # balances on one foot for five to ten seconds
- # hops on one foot
- # pushes, pulls, steers wheeled toys
- # rides tricycle
- # uses slide independently
- # jumps over six inch high object and lands on both feet together
- # throws ball overhead

Fine Motor:

- # builds tower of nine small blocks
- # drives nails and pegs
- # copies circle
- # imitates cross
- # manipulates clay material (rolls balls, snakes, cookies)

Four to Five

Gross Motor:

- # walks backward toe-heel
- # jumps forward 10 times without falling
- # walks up and down stair independently, alternating feet

Fine Motor:

- # cuts on line continuously
- # copies cross
- # copies square
- # prints a some capital letters

Five to Six Years

Gross Motor:

- # runs lightly on toes
- # walks on balance beam
- # can cover 2 meters hopping
- # skips on alternate feet
- # jumps rope
- # skates

Fine Motor:

- # cuts out simple shapes
- # copies triangle
- # traces diamond
- # copies first name
- # prints numerals 1 to 5
- # colors within lines
- # pastes and glues appropriately