



## **SOUTH PEACE CHILD DEVELOPMENT CENTRE**

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### **Gross Motor Milestone Chart (3 - 5 Years)**

#### **36 - 41 months ( 3 - 3 ½ years)**

Runs and turns sharply

Stairs - Walks up stairs alternating feet

Jumps down greater than 24 inches'

Jumps forward a distance of 26 inches

Ball skills - throws a tennis ball overhand

Throws underhand to hit a target

#### **42 - 48 months ( 3 ½ - 4 years)**

Runs and stops within two steps

Walks 4 feet forwards and backwards on a balance beam

Stairs - walks down stairs alternating with hand support

Jumps up three inches

Hops on preferred foot

Ball skills - Catches a ball from five feet with elbows bent

#### **48 - 53 months ( 4 - 4 ½ years)**

Stairs - walks up and down alternating feet without hand support

Jumps forward 30 inches

Forward roll

Gallops

Ball skills - catches a ball from 12 feet

Throws underhand to hit a target

#### **54 - 60 months ( 4 ½ - 5 years)**

Runs 10 feet and back in five second

Skips

Jumps forward 36 inches

Jumps sideways