



SOUTH PEACE CHILD DEVELOPMENT CENTRE

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Gross Motor Milestone Checklist (1 - 2 Year)

12 - 15 months

Squats during play, resumes standing position without support

Gait - walks forward with heel-toe pattern

Attempts to run - fast walk

Stairs - crawls up, creeps down backwards

Ball skills - flings a ball without falling

Attempts to kick a ball

16-20 months

Seats self in a small chair

Balances on one foot with support

Steps sideways

Walks backwards

Pushes and pulls large toys around

Stairs - walks up with hand held, creeps down backwards

Throws a small ball forward 3 feet

Kicks a stationary ball forwards 3 feet

Jumps in place

21 - 23 months

Stands up from lying, pushing up on hands and feet

Stairs - walks down stairs with one hand held

Jumps down from an 8-10 inch surface

Jumps forward 4 inches without falling

Jumps up with feet together

24 - 29 months

Stands on tip toes

Pushes and pulls toys forwards and backwards

Runs on whole foot

Jumps forward

Ball skills - throws a small ball overhead

Kicks a ball forward 3 feet

Stands on balance beam with both feet
Self-propels forward on a trike or ride on toy

30 - 36 months

Walks on tip toes

Runs 30 feet

Jumps down from a surface with a height of 18-24 inches

Walks up stairs independently alternating feet

Walks down stairs

Ball skills - Catches a ball with arms extended

Balance Beam - takes several steps forward without support

Rides a tricycle using two pedals