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