

## 12-18 MONTHS

### GROSS MOTOR

Walking

- Begins to stand (independently)
- Takes independent steps
- Walks with hand hold
- Not quite developed balance reactions in standing

### COGNITIVE/SOCIAL/EMOTIONAL

- Can point to body parts
- Learning through exploration
- Showing interest in other children
- Begins simple pretend play (feed a baby doll)
- Begins imitation of others behavior

## 18-36 MONTHS

### GROSS MOTOR

- Better developed balance reactions when standing
- Jumps up off ground
- Walk down stairs, with hand support, two feet on each stair, may begin to alternate feet
- Kick a ball forwards with assistance
- Run
- Begin to ride big wheels/tricycles
- Climb
- Can carry/pull object/wagon
- Can pick up object from floor without falling over

### COGNITIVE/SOCIAL/EMOTIONAL

- Continuing to learn through exploration
- Starts to imitate more complex adult actions
- Names at least 6 body parts
- Can follow/set simple goals, 1-2 step directions (get object, maneuver over something)
- Shows interest in pretend play
- Shows interest in books, stories, songs
- Plays alongside other children and gets excited with other children (simple games like chase)
- Showing more independence and defiance

## 3-6 YEARS

### GROSS MOTOR

- Learning and perfecting complex and coordination body movement skills
- Hopping, jumping, climbing, running, riding bikes
- Clumsy throwing/kicking balls progressing toward sports

### COGNITIVE/SOCIAL/EMOTIONAL

- Beginning self-talk
- Can recall short sequence of steps
- Can be easily frustrated in new challenging tasks or lose attention span
- Beginning "why" questions

## 3 YEARS

### GROSS MOTOR

- Standing on one foot for one seconds
- Walk forward heel to toes 3 steps
- Walks on tiptoes 2 meters
- Walk in a straight line
- Walks down/up stairs with alternating feet with hand hold
- Climb low play equipment play ladders
- Runs and can change speeds
- Hops on one foot (easier on preferred foot)
- Attempts balance board without help
- Walks forwards on balance board with hand assistance
- Catches ball with arms/hand and chest/body
- Imitate simple bilateral movement (ex: arms up together)
- Jump with both feet together 5 times

### COGNITIVE/SOCIAL/EMOTIONAL

- Identifies body parts
- Identifies colors by matching or pointing at least
- Identifies shapes/matches or points
- Can count small objects
- Follow simple instructions or simple sequences
- Can do a puzzle with 3-4 pieces
- Imagination to create stories or play
- Copies adults and friends
- Starts to take turns
- Enjoys routines

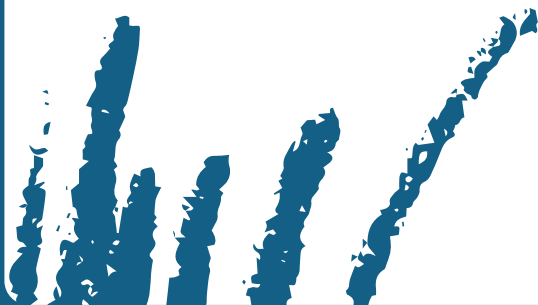
## 4 YEARS

### GROSS MOTOR

- Stands on one foot for 5 seconds
- Walks down stairs alternating feet (hand assistance potentially still) while carrying object in one hand
- Skips on one foot
- Walks balance board with hands at side, heel to toe, backwards with hands at side, backward toe to heel
- Catches ball with arms/body
- Throws ball 4 meters
- Can rhythmically move 2 separate body parts or walk to rhythm
- Pushed wagon with one food, riding and steering
- Jumping 10 times in a row
- Jump over an object and land with both feet
- Climb on objects and ladders
- Begin to learn and perform a forward roll safely

### COGNITIVE/SOCIAL/EMOTIONAL

- Building on previous activities
- Follows directions involving spatial directions (front, under, beside, above, etc).
- Follows 2-3 step directions
- Begins to understand time
- Shows interest in play with board games/card games
- Can tell you what they think might happen next in a situation or story
- Can count 5 objects
- Begin to cooperate with other children
- Prefers to play with others than alone
- Seeks new experiences



## 5 YEARS

### GROSS MOTOR

- Stands on one foot for 10 seconds
- Walks backwards toe to heel six steps
- Skips with alternating feet
- Runs 45 meters in 15 seconds
- Catches bounces ball with both hands
- Catches thrown ball with hands and chest or both hands
- Throws ball 5 meters
- Beanbag tosses into a basket 2 meters away 1 or 2 out of 5 times.
- Rides small bike with training wheels
- Walks up and down stairs, carrying an object in each hand
- Kicks a ball after taking 2 steps
- Hanging from a bar for at least 5 seconds
- Hop on 1 foot

### COGNITIVE/SOCIAL/EMOTIONAL

- Knows first and last when used to describe positions or tasks
- Counts 10 or more objects
- Understand the concept of time
- Wants to please friends and adults
- Wants to be liked
- Agrees to rules more easily
- Knows the difference between pretend and real
- Seeks new experience and independence
- Shows both cooperation and demanding preferences

## 6 YEARS

### GROSS MOTOR

- Standing on one foot for one second with eyes closed
- Standing on one foot for 10 seconds
- Runs around obstacles 45 meters in 12 seconds
- Catches thrown ball with both hands
- Throws ball 6 meters
- Beanbag toss into basket from 2 meters hitting 3 or 4 out of 5 times
- Gallops, jumps and runs in a rhythm to simple music
- Rides small bike without training wheels
- Kick a ball with reasonable coordination
- Begins using a jump rope
- Jumps forward with both feet together

### COGNITIVE/SOCIAL/EMOTIONAL

- Knows second, middle, third in descriptions for positions or tasks
- Cooperates and shares
- Can be jealous of others
- Copy adults
- Can play alone but also enjoys and friend time becomes important

## 7-9 YEARS

### GROSS MOTOR

- Move across monkey bars
- Stand and maintain one foot balance
- Ride a bike well
- All of the previous skills, plus ability to develop and learn new complex movements with practice and repetition

### COGNITIVE/SOCIAL/EMOTIONAL

- Starts to enjoy competition in games
- Friends are very important