

Common Indicators of Gross Motor Development

48 months

The child may:

- Ascend a ladder by leading with alternate feet.
- Broad jump approximately 0.61 meter.
- Balance on one foot for around 8 seconds.
- Hop on one foot.
- Catch objects that have been thrown.
- Jump in place with two feet.
- Jump from 0.61 meter box with two feet.

52 months

The child may:

- Display highly synchronous walking.
- Descend stairs by leading with alternate feet.

56 months

The child may:

- Descend ladder by leading with alternate feet.
- Hop seven or more steps on one foot.
- Throw 0.08 meter ball 3.05 meter.

5 years

The child may:

- Be beginning to skip.
- Walk backward heel to toe.
- Walk like an adult.
- Gallops.
- Throw a 0.23 meter ball approximately 3.05 meters.
- Hop ten or more steps on one foot.

Source: Arnheim & Pestolesi, 1978