

Gross motor skills

Walks without watching feet.

Walks backwards.

Runs, turns and stops well.

Walks up steps with alternating feet.

Balances on one foot momentarily (static
balance).

Pedals a tricycle.

Jumps in place.

Walks on a low balance beam (dynamic
balance).

Tries to catch a large, bounced ball.

Throws a ball overhand but not with much accuracy.

Swings on a swing.

Kicks a ball forward.

Fine motor skills

Strings large beads.

Places large pegs into pegboard.

Holds crayons or markers with fingers.

Turns pages of a book one at a time.

Builds block towers.

Does simple puzzles easily.

Pours liquids with a few spills.

Undresses without assistance.

Begins to show hand dominance.
