

Gross Motor Skills Developmental Checklist

(adapted from Northamptonshire Physiotherapy Gross Motor Skills Developmental Checklist)

Age	Skill	Yes	No
4-5 years	Standing on one foot for up to 5 seconds		
	Walking up and down stairs with alternating feet		
	Climbing onto/down from furniture without assistance		
	Climbing on P.E. apparatus		
	Pedalling on tricycle		
	Kicking a ball forwards		
	Catching a ball that has been bounced		
	Catch a ball with hands instead of using arms and body		
	Running around obstacles		
	Jumping forwards 10 times in a row		
	Walking on tiptoes		
	Walking along a line		
	Hopping on one foot		
Jumping over an object and landing with both feet together			

Age	Skill	Yes	No
5-6 years	Standing on one foot for 10 seconds		
	Walking up and down stairs while holding an object.		
	Kicking a ball		
	Walking backwards heel-toe		
	Jumping forwards 10 times, maintaining distance between jumps.		
	Skipping forward after demonstration		
	Running around obstacles		
	Stepping forward with leg on same side as throwing arm when throwing a ball		
	Walking along a line		
	Hopping on one foot		
	Catching a small ball using hands only		
	Jumping over an object and landing with both feet together		
	Pedalling a bicycle/trike		

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Age	Skill	Yes	No
6-7 years	Running smoothly with arms opposing legs and a narrow base of support (i.e. feet not too far apart)		
	Running around obstacles while maintaining balance		
	Standing on one foot for at least 10 seconds		
	Skipping forward after demonstration		
	Stepping forward with leg on opposite side as throwing arm when throwing a ball		
	Kicking a football with reasonable accuracy		
	Walking backwards heel-toe		
	Walking on a balance beam		
	Using a skipping rope		
	Hopping on one foot		
	Jumping forwards 10 times, maintaining distance between jumps.		
	Catching a small ball using hands only		
	Jumping over an object and landing with both feet together		
Riding a bike			

Age	Skill	Yes	No
7-8 years and above	Running smoothly with arms opposing legs and a narrow base of support (i.e. feet not too far apart)		
	Running around obstacles while maintaining balance		
	Stepping forward with leg on opposite side as throwing arm when throwing a ball		
	Kicking a football with reasonable accuracy and consistency		
	Jumping over an object and landing with both feet together		
	Catching a small ball using hands only		
	Walking on a balance beam		
	Walking backwards heel-toe		
	Standing and maintaining balance on one foot for at least 10 seconds		
	Using a skipping rope		
	Hopping on one foot with good push-off and balance		
	Riding a bike		