

Milestones for Motor Skills

Age 3:

Gross Motor

- jumps forward with both feet together
- stands on one foot unsupported for 2 or more seconds
- steers and pedals a tricycle
- throws a ball underhand
- climbs well
- walks up and down stairs, alternating feet (one foot per stair step)
- kicks ball
- can catch a ball, may trap it against chest
- runs easily
- bends over easily without falling

Fine Motor & Visual Motor

- makes up-and-down, side-to-side, and circular lines with pencil or crayon
- turns book pages one at a time
- builds a tower of more than six blocks
- holds a pencil in writing position (not fist)
- screws and unscrews jar lids, nuts, and bolts
- turns rotating handles (doorknobs)
- can string beads
- can press a ball of Play Doh flat
- can snip with scissors and beginning to cut on a straight line

Self Help

- uses a fork and spoon to self feed with little problems
- dresses and undresses with assistance for fasteners, may need verbal cues
- can unzip independently and removes coat
- removes shoes/socks and needs minimal help for putting them on
- washes hands with minimal assistance/cues
- identifies when nose needs to be wiped and is able to blow out
- uses toilet with minimal assistance, wears diaper at night if needed

Age 4:

Gross Motor

- runs around obstacles
- walks on a line
- balances on one foot for 5 to 10 seconds
- hops on one foot
- rides a tricycle independently, pedals around obstacles and makes U turns
- uses the slide
- jumps over objects with a two-footed takeoff and landing without falling
- throws a ball overhead
- catches a bounced ball thrown from 3 feet away
- climbs on a jungle gym without help
- alternates feet going up and down stairs
- can perform a "summersault" or forward roll without turning to the side
- can gallop 10 feet, beginning to learn to skip
- stands on tiptoes for 5 seconds without moving

Fine Motor & Visual Motor

- builds a tower of 9 blocks (small)
- can copy simple block structures such as a train, steps, pyramid from model
- inserts pegs in a peg board

- copies a circle and a square from a model
- imitates a cross after a demonstration
- manipulates clay by rolling into a ball, snake, pressing into a cookie
- cuts out a big circle with scissors
- connects a series of dots to form simple drawings such as lines, circles, squares
- draws a person with at least 5 different body parts
- grasps a marker between thumb and pad of index finger with marker resting on first joint of middle finger (known as a tripod)
- touches each finger to thumb in sequence
- can fold paper in half lengthwise
- colors between vertical lines

Self Help

- consistently uses a fork and spoon and cuts easy foods with a knife
- dresses and undresses without much help as requested
- buttons/unbuttons large buttons
- can unzip independently and zips with initial help to insert zipper into tab
- removes and puts on shoes independently, help for typing
- spreads butter with a knife
- washes hands independently
- blows nose when reminded
- uses toilet independently

Age 5

Gross Motor

- can skip 10 feet
- can hop a distance of 20 feet without falling
- bounces and catches a small ball
- can run lightly on toes
- can walk across a balance beam
- can jump rope
- can use skates
- can kick a ball using opposing arm and leg movements
- performs 5 sit-ups

Fine Motor & Visual Motor

- folds paper in half twice with edges parallel
- cuts out simple shapes
- copies a triangle and can trace a diamond
- copies first name in either upper or lower case
- prints numbers 1 to 5
- colors within lines
- consistently uses a tripod grasp
- hand dominance is well established
- pastes and glues appropriately
- draws a person with 6 or more different body parts
- connects two dots with a straight line that does not deviate more than 1/4 inch

Self Help

- can tie shoes
- brushes or combs own hair well
- cuts most foods with a knife
- dresses self completely
- can snap/unsnap, button/unbutton smaller buttons
- brushes teeth independently