



Connect Allied Health

SPEECH PATHOLOGY • OCCUPATIONAL THERAPY
DIETETICS • PHYSIOTHERAPY • PODIATRY

DEVELOPMENTAL MILESTONES: GROSS MOTOR

Age	Developmental milestones	Possible implications if milestones not achieved
0-6 months	<ul style="list-style-type: none"> ❖ Rolls over front to back, and back to front ❖ Sits with support and then independently 	<ul style="list-style-type: none"> ❖ Poor muscle development for locomotion ❖ Delayed independent play
6-12 months	<ul style="list-style-type: none"> ❖ Crawls forwards on belly ❖ Sits unsupported ❖ Creeps on hands and knees ❖ Transitions into different positions: sitting, all fours, lying on tummy ❖ Pulls self to stand ❖ Walks while holding onto furniture ❖ Takes 2-3 steps without support ❖ Rolls a ball in imitation of an adult 	<ul style="list-style-type: none"> ❖ Delayed sensory development due to difficulties exploring environment ❖ Poor muscle development ❖ Delayed play skills
18 months	<ul style="list-style-type: none"> ❖ Sits, crawls, walks ❖ Still has wide gait but walking/running more coordinated ❖ Pushes against a ball (does not actually kick it) 	<ul style="list-style-type: none"> ❖ Delayed play skills ❖ Difficulty interacting with environment due to delayed ability to mobilise effectively ❖ Poor muscle development
2 years	<ul style="list-style-type: none"> ❖ Walks smoothly and turns corners ❖ Begins running ❖ Is able to pull or carry a toy while walking ❖ Climbs onto/down from furniture without assistance ❖ Walks up and down steps with support ❖ Picks up toys from the floor without falling over 	<ul style="list-style-type: none"> ❖ Poor muscle development for running and jumping ❖ Delayed ability to play independently and interact with the environment ❖ Decreased ability to interact socially





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3 years	<ul style="list-style-type: none"> ❖ Imitates standing on one foot ❖ Imitates simple bilateral movements of limbs (e.g., arms up together) ❖ Climbs jungle gym and ladders ❖ Pedals on tricycle ❖ Walks up/down stairs alternating feet ❖ Jumps in place with two feet together ❖ Able to walk on tip toes ❖ Catches using body 	<ul style="list-style-type: none"> ❖ Decreased opportunities for social interaction ❖ Poor development of body awareness ❖ Difficulties using playground equipment ❖ Difficulties or lack of confidence interacting with other children in active environments (e.g. playgrounds)
4 years	<ul style="list-style-type: none"> ❖ Stands on one foot for up to 5 seconds ❖ Kicks a ball forwards ❖ Throws a ball overarm ❖ Catches a ball that has been bounced ❖ Runs around obstacles ❖ Able to walk on a line ❖ Able to hop on one foot ❖ Jumps over an object and lands with both feet together 	<ul style="list-style-type: none"> ❖ Lack of confidence in movement based activities ❖ Difficulties using playground equipment ❖ Difficulties or lack of confidence interacting with other children in active environments (e.g. play cafes, playgrounds)
5 years	<ul style="list-style-type: none"> ❖ Able to walk up stairs while holding an object ❖ Walks backward toe-heel ❖ Jumps forward 10 times without falling ❖ Skips forwards after demonstration ❖ Hangs from a bar for at least 5 seconds ❖ Steps forward with leg on same side as throwing arm when throwing a ball ❖ Catches a small ball using hands only 	<ul style="list-style-type: none"> ❖ May result in poor self-esteem when comparing self to peers ❖ Lack of confidence in movement based activities ❖ Difficulties participating in sporting activities ❖ Difficulties playing with moving toys such as bikes and scooters
6 years	<ul style="list-style-type: none"> ❖ Runs lightly on toes ❖ Able to walk on a balance beam ❖ Able to skip using a skipping rope ❖ Can cover 2 metres hopping ❖ Demonstrates mature throwing and catching patterns ❖ Mature jumping 	<ul style="list-style-type: none"> ❖ Difficulty participating in sporting activities ❖ May result in poor self-esteem when comparing self to peers ❖ Lack of confidence in movement based activities

