

Gross Motor Skills Checklist

Toddlers: 24 months to 36 months

Child: _____ Date(s): _____

Check all mastered gross motor skills.

- balances on a balance beam momentarily with both feet
- catches a large ball with arms and body
- climbs jungle gyms and ladders
- jumps backward
- jumps forward 6–18" (15–46 cm)
- jumps from bottom step to the floor
- jumps over a small object
- moves up and down a small slide independently
- pedals a tricycle 5–10' (1.5–3 m)
- runs a distance of 10' (3 m), avoiding obstacles
- stands on one foot for one to five seconds without assistance
- stands on one foot momentarily without assistance
- stands on tiptoes for several seconds
- throws a playground ball 5–7' (1.5–2.1 m)
- walks backward 10' (3 m)
- walks downstairs, alternating feet while holding the railing
- walks downstairs, holding railing with both feet on each step
- walks upstairs, alternating feet while holding the railing
- walks upstairs, holding railing with both feet on each step