

Gross Motor Skills Checklist

Preschoolers: 36 months to 48 months

Child: _____ Date(s): _____

Check all mastered gross motor skills.

- avoids obstacles in path while running
- broad jumps over string or object 2" (5 cm) high
- gallops forward 10' (3 m)
- hops on one foot one time
- jumps forward a distance of 10" (25 cm)
- kicks a large ball that is rolling
- kicks a stationary ball
- pushes and pulls a wagon
- rides tricycle independently around corners
- runs on tiptoes
- throws a playground ball underhand to an adult
- walks on tiptoes 10' (3 m)
- walks upstairs, alternating feet without holding railing