

# Gross Motor Skills Checklist

Preschoolers: 48 months to 60 months

Child: \_\_\_\_\_ Date(s): \_\_\_\_\_

Check all mastered gross motor skills.

- attempts a somersault
- bounces ball two times and then catches it
- catches playground ball with both hands
- does forward somersaults independently
- hops on preferred foot for a distance of 2' (60 cm)
- jumps forward 10 times without falling
- jumps up 8–10" (20–25 cm)
- rides a “two-wheeler” with training wheels
- runs around objects/corners without falling
- skips five to ten seconds
- throws playground ball approximately 12' (3.6 m)
- throws small ball overhand 10–15' (3 m)
- walks down stairs, alternating feet without holding the railing
- walks heel-toe for 10' (3 m)
- walks on a low balance beam independently
- while swinging, pumps swing to sustain motion