

Typical development of motor skills in 0-5 year olds

Age Range	Gross Motor Skills	Fine Motor Skills
0-3 Months	<ul style="list-style-type: none"> • Uncoordinated fast and jerky movement of arms and legs in the air • Movement of both arms or both legs up or down at the same time • When on stomach, can lift head up off of the floor or turn head from one side to the other • Will roll onto back from a side lying position • Head will lag backwards into extension if pulled up from lying to sitting. 	<ul style="list-style-type: none"> • When an object is placed in the palm of the hand, it is held tightly for a few seconds (grasping reflex) • Begins to keep the hands in an open position • Follows the movement of an object upward, downward, side-to-side and in a circle, with their eyes (visual/eye tracking).
3-6 Months	<ul style="list-style-type: none"> • While on stomach, will bend elbows and push up onto forearms, lifting chest and head off of the surface. Can push up into full extension of elbows • Can sit on the floor with support at hips or trunk, placing hands and legs in front for support and turn head and look up and down with control • Brings feet up to hands and/or place them to mouth when lying on back. Kicks legs back and forth in a reciprocal pattern as if cycling a bike • Can roll from back to front and front to back and roll onto either side • Can move around the room by rolling self • Moves around floor using arms, hands, legs and feet to pull or push while keeping tummy on ground, may move backwards or forwards (early commando style) • Bears a moderate amount of weight on feet when held in standing position. 	<ul style="list-style-type: none"> • When sitting reclined or lying on back can reach up and touch a dangling object with either hand • Reaches for and holds an object for up to a minute using the palm and fingers (palmer grasp) • Brings hands together in front of chest and plays with fingers or toys • Picks up an object using palm and outside border of hand (ulnar palmar grasp) • Picks up an object using thumb and first two fingers (radial palmar grasp).

Age Range	Gross Motor Skills	Fine Motor Skills
6-9 Months	<ul style="list-style-type: none"> • Shifts weight onto one forearm while reaching with the other arm when propped up on forearms from lying on tummy, or pushes elbow straight to lift chest off floor to reach for an object with the other hand • Lying on back, will bend both knees, keep feet on the floor and lift his/her buttocks up into the air into a bridge • Moves body around to face a different direction when on stomach • Begins to sit on floor without falling to side for around a minute, place arms out in front to support self, gradually straightens up and sits with hands free • Moves into sitting position from lying on back or front • Moves onto hands and knees with stomach off floor from being on stomach or back • Once on hands and knees will move by alternating arm and leg movement (crawling) normally crawling backwards first • Pulls up on furniture into a tall kneeling position from being on all fours • Rises from the sitting position into the standing position when supported at the hands, trunk or hips • Bears weight through legs when supported in standing at the chest or hips. 	<ul style="list-style-type: none"> • Holds an object such as a toy or eating utensil in hand and bangs it on a hard surface • Can transfer an object from hand-to-hand • Picks up small objects such as raisins, berries or peas by resting forearm on a table and using the sides of thumb and first finger (inferior pincer grasp) • Can hold an object in each hand at the same time.
9-12 Months	<ul style="list-style-type: none"> • Turns trunk to either side to reach for or pick up a toy in sitting • Easily moves from sitting onto hands and knees, then back to sitting • Pulls up into standing • Lowers self to floor from standing holding onto furniture • Holds onto furniture and walks sideways for a few steps • Leans at hips onto furniture for support and uses hands to play with toys • Stands without holding onto anything for support • Takes a few steps by holding onto you or furniture • Can get into a hands and feet position with head down and buttocks up in the air • Climbs onto and off a sofa or chair independently • Can crawl up and down stairs. 	<ul style="list-style-type: none"> • Points or pokes at an object using only first finger (isolated index finger action) • Holds a fat crayon or marker in fist and makes a few scribble marks on paper (adapted/immature hold) • Puts objects into and pulls them out of a container • Uses both hands separately and independently from each other • May pick up and hold a toy in each hand or reach for a toy with only one hand • Attempts to stack a one-inch block on top of another one-inch block • Uses fingers to feed self small piece of food such as berries or peas.

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12-15 Months	<ul style="list-style-type: none"> • Pushes toys around the floor while walking • Walks independently on level surfaces taking quick, short steps • Stands up from hands and knees without holding onto anything for support • Moves from stand to squat to stand again without support and while playing • Plays in a kneeling position • Walks backward on level surfaces without holding onto something for support • Can sit on a low chair independently normally by turning and backing into it • Catches a rolled large ball and rolls it back with a jerky push motion. 	<ul style="list-style-type: none"> • Picks up and releases a small object e.g. a raisin by using the tip of first finger and thumb while wrist unsupported (superior pincer grasp) • Begins to put shapes in shape sorters with some assistance • Turns pages in a book, often turning many pages at once • Begins to assist with dressing by taking off hat, socks, shorts or trousers.
15-18 Months	<ul style="list-style-type: none"> • Walks independently with legs close together and head and trunk straight • Pulls a toy behind by string or handle when walking • Can ride on a ride-on toy that does not have pedals. Can propel backward and forward on the toy by using feet with an alternating leg movement • Can run on level surfaces. Posture will be stiff, with minimal trunk rotations • Able to stand on one foot for a few seconds, while holding onto a sturdy object. 	<ul style="list-style-type: none"> • Builds a tower using three or four one-inch cubes • Holds eating and writing tools such as a spoon or marker using thumb, fingers and palm • Attempts to eat meals using a spoon • Attempts to draw lines on the paper after watching you • Uses both hands in midline. One hand stabilises the object while the other hand manipulates it.
18-24 Months	<ul style="list-style-type: none"> • Carries a large object such as a ball, doll or toy and not lose balance when walking on level surfaces • Jumps up into the air with both feet leaving the floor • Jumps forward a small distance (approximately 3"), lifting both feet off of the floor • Kicks a stationary ball with either foot • Climbs up and down stairs by placing both feet on each step while holding onto something for support (handrail or your hand). 	<ul style="list-style-type: none"> • Confines scribbling to the paper in front of him/her • Imitates a circular and vertical line that has been drawn as they watch • Attempts to fold a piece of paper in half after watching you • Able to string one to three 1" beads.

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24-30 Months	<ul style="list-style-type: none"> • Jumps down from a step with both feet landing on the floor at the same time • Bends both knees and jumps backward a few inches • Rides a tricycle or bicycle with stabilisers keeping hands on handlebars and feet on pedals moving legs in a smooth reciprocal motion • Walks on tiptoes • Catches a large ball by using two hands and chest to trap the ball when thrown gently • Throws a small ball overhand, with good force and accuracy. 	<ul style="list-style-type: none"> • Attempts to imitate/copy a vertical or horizontal line if watched it being drawn • Holds a jar in one hand and unscrews the lid with the other hand • Holds a crayon with thumb and all fingers with the wrist turned so that the thumb is toward the paper • Cuts snips in paper using blunt-tipped scissors • Begins to use a fork to eat • Able to put on simple clothing items such as hats, t-shirts or trousers that have an elastic waist.
30-36 Months	<ul style="list-style-type: none"> • Climbs stairs, placing only one foot on each step while holding onto a support • Jumps over a low stationary object • Walks placing heel of one foot in front of toes of other foot along a straight line • Stands on one foot for up to five seconds without holding onto anything for support on either foot • Sits up from lying and stands up from sitting without a support • Can catch a medium-sized ball with hands and arms extended. 	<ul style="list-style-type: none"> • Strings four or more beads • After you draw a vertical line with a horizontal one crossing it, will be able to imitate you and draw a figure that resembles a cross • Can copy a circle although the ends may not join exactly • Builds towers of 10 one-inch blocks • Cuts a piece of paper into two pieces • Laces three holes in a lacing strip following a demonstration.
36-42 Months	<ul style="list-style-type: none"> • Walks up four steps without support, placing one foot on each step • Runs 45 feet in six seconds or less • Jumps forward 26" using two-footed take off and landing • Throws ball overhand 10 feet by moving arm up and back using upper trunk rotation, arms and legs moving in opposition • Throws ball underhand and hits two-foot target (two feet above floor) from five feet away • Stands on one foot with hands on hips for five seconds. 	<ul style="list-style-type: none"> • Strings four or more beads • After you draw a vertical line with a horizontal one crossing it, will be able to imitate you and draw a figure that resembles a cross • Can copy a circle although the ends may not join exactly • Builds towers of 10 one-inch blocks • Cuts a piece of paper into two pieces • Laces three holes in a lacing strip following a demonstration.

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42-48 Months	<ul style="list-style-type: none"> Stands on tiptoes with arms held overhead and without moving feet for three seconds Stands on one foot with hands on hips and without much swaying for five seconds Catches medium-sized ball with hands (securing ball to chest if necessary) with arms bent at the elbows and palms up or facing each other Throws ball overhand and hits two-foot target (two feet above floor) from 5 feet away Throws ball underhand 10 feet using upper trunk rotation, arms and legs moving in opposition, and initiating throw by moving arm down and back. 	<ul style="list-style-type: none"> Grasps marker with thumb and pad of index finger; with the other three fingers secure against palm. Upper portion of marker rests between thumb and index finger Moves hand as a unit while drawing Can unbutton three buttons in 75 seconds or less Puts 10 small items in a bottle in 30 seconds or less (refined pincer grasp) Can trace a horizontal line with minimal deviation.
48-54 Months	<ul style="list-style-type: none"> Stands on tiptoes with arms held overhead, without moving feet, and without much swaying for eight seconds Throws ball overhand accurately and hits target approximately 12 feet away Bounces ball to wall so it hits floor once and then hits wall Catches ball with arms bent and using only hands. 	<ul style="list-style-type: none"> Uses the tips of the fingers and thumbs together in a precise pinch or pincer grasp Grasps marker between thumb and pad of index finger. Marker rests on first joint of middle finger Buttons and unbuttons one button in 20 seconds or less Draws a line, circle, triangle, square by copying a pre-drawn shape Copying a square, draws lines that are relatively straight, with closed corners Can cut out a circle keeping to the line for at least ¾ of the shape.
54-60 Months	<ul style="list-style-type: none"> Stands on one foot, then on the other foot for approximately six seconds Copies four positions accurately Jumps forward 36" using two-footed take off and landing Jumps and turns so feet land in opposite direction from starting position with hands on hips and body staying vertical Hops on one foot from one line to another approximately three feet away, changes feet, and hops back to first line Jumps over string approximately 10 inches off floor using two-footed take off and landing Runs holding object without tripping or dropping Skips eight steps while maintaining balance, using opposing arm and leg movements, and alternating feet. 	<ul style="list-style-type: none"> Can touch each finger to thumb within eight seconds following demonstration of touching each finger in succession to thumb, starting with the index finger, at a rate of one touch per second Can connect dots with a line that rarely deviates from straight Can cut a square within 0.5cm of the lines Can fold a piece of paper in half lengthwise with edges parallel Colours between parallel lines keeping within the lines most of the time and completes around ¾ of the space Draws a line, circle, triangle, square and a recognisable picture of a person and a house.