



Children's Early Motor Development

Age	GROSS MOTOR <i>Children can ...</i>	FINE MOTOR <i>Children can ...</i>
1 years 	<ul style="list-style-type: none"> ★ Sit with legs out unsupported ★ Hold small object for longer periods ★ Transfer objects from hand to hand ★ Crawl ★ Pull self into standing on furniture 	 <ul style="list-style-type: none"> ★ Clasp hands together ★ Grasp small objects with thumb and index finger (pincer grasp) ★ Point and poke with index finger
2 years 	<ul style="list-style-type: none"> ★ Walk independently ★ Push and pull objects while walking ★ Kneel ★ Throw ball short distance 	<ul style="list-style-type: none"> ★ Bring hands together ★ Scribble ★ Hold a crayon with a fist grip ★ Control the grasp and release of objects ★ Place objects on top of each other
3 years 	<ul style="list-style-type: none"> ★ Chase after a ball ★ Run unsupported ★ Balance on one foot briefly ★ Walk up and down steps with support ★ Kick a ball ★ Jump over a low object 	<ul style="list-style-type: none"> ★ Copy simple pencil lines ★ Roll, pat and squeeze dough ★ Snip paper with scissors ★ Fold a piece of paper ★ Put a small object in a container ★ Begin to show hand dominance
4 years 	<ul style="list-style-type: none"> ★ Ride small tricycle ★ Walk on tiptoes for a few steps ★ Catch ball with both hands out when shown ★ Climb a ladder ★ Hop ★ Walk backwards a short distance ★ Skip one footed 	<ul style="list-style-type: none"> ★ Use vertical, horizontal and circular strokes when colouring ★ Draw a cross after demonstration ★ Cut paper with scissors on a line ★ Roll dough in a ball ★ Thread large beads onto string with thumb and index finger
5 years 	<ul style="list-style-type: none"> ★ Run efficiently ★ Balance ★ Skip on alternate feet ★ Hop over longer distance ★ Ride a bicycle with training wheels 	<ul style="list-style-type: none"> ★ Cut out simple shapes ★ Copy a triangle and other patterns ★ Copy own name ★ Attempt some letters and numbers ★ Colour within lines ★ Use a mature pencil grasp ★ Use dominant hand

Use this chart as a guide to understanding your child's early motor development.