

Gross Motor Development in Young Children

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“Play is our brain’s favorite way of learning.”

Gross Motor Development Age 3

Skill Area	3 Years	Play Activity
Balance	<ul style="list-style-type: none">• Stands on one foot 3 seconds	<ul style="list-style-type: none">• Freeze Dance, stop music and stand one 1 foot until music starts
Running	<ul style="list-style-type: none">• Runs with improved coordination• Stops/starts with control	<ul style="list-style-type: none">• “Freeze Tag”
Jumping	<ul style="list-style-type: none">• Jumps upwards with both feet together• Jumps forward	<ul style="list-style-type: none">• Jumping to pop bubbles
Ball Skills	<ul style="list-style-type: none">• Kicks ball• Throws overhead• Catches with body	<ul style="list-style-type: none">• Kickball
Coordination	<ul style="list-style-type: none">• Pedals tricycle	<ul style="list-style-type: none">• Tricycle
Stairs	<ul style="list-style-type: none">• Alternates feet walking up without support	<ul style="list-style-type: none">• Colored stickies, 1 on each step

Gross Motor Development Age 4

Skill Area	4 Years	Play Activity
Balance	<ul style="list-style-type: none">• Stands on one foot 4 seconds	<ul style="list-style-type: none">• Freeze Dance, stop music and stand one 1 foot until music starts
Running	<ul style="list-style-type: none">• Runs smoothly• Changes direction easily	<ul style="list-style-type: none">• “Red light, green light”
Jumping	<ul style="list-style-type: none">• Jumps farther• Hopping	<ul style="list-style-type: none">• “The Floor is Lava”
Ball Skills	<ul style="list-style-type: none">• Catches with hands• Throws with direction	<ul style="list-style-type: none">• Throw a ball into a laundry basket
Coordination	<ul style="list-style-type: none">• Pedals and steers well• Begins skipping	<ul style="list-style-type: none">• Tricycle
Stairs	<ul style="list-style-type: none">• Alternates feet up and down stairs	<ul style="list-style-type: none">• Colored stickies, 1 on each step

Gross Motor Development Age 5

Skill Area	5 Years	Play Activity
Balance	<ul style="list-style-type: none">• Stands on one foot 6 seconds	<ul style="list-style-type: none">• Freeze Dance, stop music and stand one 1 foot until music starts
Running	<ul style="list-style-type: none">• Runs with speed, agility, coordination	<ul style="list-style-type: none">• Go to local track
Jumping	<ul style="list-style-type: none">• Hops 8-10 times• Jumps over obstacles	<ul style="list-style-type: none">• Jump rope
Ball Skills	<ul style="list-style-type: none">• Catches smaller balls• Throws with aim	<ul style="list-style-type: none">• Tennis ball
Coordination	<ul style="list-style-type: none">• Skips• Rides bike with training wheels	<ul style="list-style-type: none">• Bike with training wheels
Stairs	<ul style="list-style-type: none">• Independent mature pattern	<ul style="list-style-type: none">• Count the steps

Play Materials

- Stickies
- Bubbles
- Kickball
- Tennis Ball
- Tricycle



“The best toys a child can have is a parent who gets down on the floor and plays with them.”



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