

# Motor Skills

## Age by Age

### One month

#### Large-Motor Skills

- \* Lifts chin when placed on stomach

### Two months

#### Large-Motor Skills

- \* Lifts chest well above surface when placed on stomach

### Three to Four months

#### Large-Motor Skills

- \* Reaches for objects, but unsteadily
- \* Holds up head steadily
- \* Rolls from side to back and from back to side
- \* Has complete head control when sitting on an adult's lap
- \* Holds head erect when carried

### Five to Six months

#### Large-Motor Skills

- \* Sits alone briefly
- \* Reaches and grasps successfully, but awkwardly
- \* Turns completely over when laid on back or stomach
- \* Prefers to sit up with support

#### Small-Motor Skills

- \* Reaches and grasps successfully but awkwardly
- \* Uses hands to reach, grasp, crumble, bang, and splash

### Seven to Eight months

#### Large-Motor Skills

- \* Reaches for spoon
- \* Pulls self up while holding onto furniture
- \* Sits up steadily
- \* Propels self by arms, knees, or squirming motions

#### Small-Motor Skills

- \* Eats with fingers
- \* Picks up large objects

### Nine to 10 months

#### Large-Motor Skills

- \* Walks when led
- \* Reaches for and manipulates objects with good control
- \* Stands holding onto furniture or other supports
- \* Crawls on hands and knees

#### Small-Motor Skills

- \* Reaches for and manipulates objects with good control
- \* Picks up medium-sized objects as well as larger ones
- \* Uses a spoon more skillfully

### 11 to 12 months

#### Large-Motor Skills

- \* Stands alone
- \* May walk alone

#### Small-Motor Skills

- \* Shows a preference for one hand over the other
- \* Holds and drinks from a cup
- \* Fits blocks, boxes, or nesting toys inside each other
- \* Picks up small objects using thumb and forefinger

### 12 to 18 months

#### Large-Motor Skills

- \* Improves from walking a few unsteady steps to walking well
- \* Slides down stairs backward, one step at a time
- \* Stoops to pick up toys

#### Small-Motor Skills

- \* Turns pages of a book, several pages at a time
- \* Picks up small objects easily, using thumb and forefinger
- \* Scribbles

### 18 to 24 months

#### Large-Motor Skills

- \* Runs fairly well
- \* Stands on one foot
- \* Learns to walk up and down stairs, holding on, both feet on each step
- \* Throws objects overhand

#### Small-Motor Skills

- \* Buttons large buttons
- \* Pulls down zippers
- \* Turns a doorknob

### 24 to 30 months

#### Large-Motor Skills

- \* Walks with more coordination and confidence
- \* Climbs even in unsafe places
- \* Jumps off bottom step
- \* Pushes self on wheeled toys

#### Small-Motor Skills

- \* Turns pages of a book, one at a time
- \* Strings large beads
- \* Builds towers of about six blocks

### 30 to 36 months

#### Large-Motor Skills

- \* Runs but may not be able to stop smoothly
- \* Alternates feet going up stairs, but not going down
- \* Throws balls overhand, but inaccurately
- \* Kicks balls

#### Small-Motor Skills

- \* Builds towers of about eight blocks
- \* Draws horizontal and vertical lines
- \* Screws lids on and off containers

### Three years

#### Large-Motor Skills

- \* Jumps up and down in place
- \* Walks on tiptoe
- \* Rides a tricycle
- \* Catches a ball with arms straight

#### Small-Motor Skills

- \* Builds towers of about

nine or 10 blocks

- \* Makes a bridge from three blocks
- \* Cuts with scissors
- \* Draws recognizable pictures
- \* Uses a fork and spoon with little spilling

### Four years

#### Large-Motor Skills

- \* Gallops and hops
- \* Dresses and undresses self
- \* Jumps forward as well as in place
- \* Throws overhand with body control

#### Small-Motor Skills

- \* Laces shoes
- \* Cuts on line with scissors

### Five years

#### Large-Motor Skills

- \* Stands and balances on tiptoe for short periods and skips, alternating feet

#### Small-Motor Skills

- \* Ties shoelaces
- \* Draws recognizable people
- \* Writes alphabet letters
- \* Buttons, snaps, and zips clothes

### 6 years

#### Large-Motor Skills

- \* Throws and catches balls with more ease and accuracy

#### Small-Motor Skills

- \* Cuts, pastes, molds, and colors skillfully
- \* Writes an entire word