

Gross Motor Skills

STATIC BALANCE (Gallahue, 1993; Eckert, 1987; Levine, 1980)	<u>Age Accomplished (Years)</u>
Balances enough to kick a ball	2 to 3
Balances one foot 3-5 seconds	5
Stand heel-to-toe, eyes closed 15 seconds	7 to 9
Stand on tip toes, eyes closed 15 seconds	9 to 12
STAIRS (Gallahue, 1993; Barton & Cottrell, 1989; Clancy & Clark, 1990; Eckert, 1987; Bilir et al, 1995)	
Walks upstairs marking time	2 to 3
Walks upstairs alternating feet	3 to 4
Walks downstairs alternating feet with railing	3 to 4
Walks downstairs marking time no railing	3 to 4
Independently walks downstairs alternating feet	4
JUMPING (Eckert, 1987, Linder, 1993; Gallahue, 1993)	
Jumps off floor with both feet	1.5 to 2.5
Jumps over objects	2 to 5
Jumps for distance for 3 feet	5
Jumps for height for 1 foot	5
Mature jumping pattern	6
SKIPPING (Linders, 1993; Battelle, 1984)	
Skips on one foot	3 to 4
Gallops, leading with one foot and transferring weight smoothly	4 to 5
Skips alternating feet and maintaining balance	6 to 7
(It is interesting to note on the 1978 version of the Quick Neurological Screening Test, they stated that "unable to skip" was significant for girls after age 6, and after age 8 for boys)	
THROWING AND TARGETING (ECKERT, 1987; Linders 1993; Gallahue, 1993; Exner, 1996)	
Throwing from the elbow only, no foot movement	2 to 3
Targets approximately and throws about 3 feet	2.5 to 3
Throwing from the shoulder without foot movement	3.5 to 5
Targets more accurately and throws about 5 to 7 feet	3.5
Throwing from the shoulder and stepping forward with the same side foot	4 to 6
Targets with overhand throw from 5 feet, hitting the target	5
Throwing from the shoulder and stepping forward with the opposite side foot	6.5 boys; much later for girls

CATCHING (ECKERT, 1987; Gallahue, 1993)

	<u>Age Accomplished (Years)</u>
Tries to catch a thrown ball but has delayed arm movements	2 to 3
Attempts to catch with arms held out; avoidance occurs with head turning away and slight body tilt backwards	3 to 4
Arms are held straight out in front, no attempt to move to ball or other adjustments; ball is trapped or scooped up against body	
Arms in front of the body, elbows are bent in front of the trunk to catch the ball with hands only	5
Arms and bent elbows are at the side; mature catch	6

Jumping Jacks

Leg portion only	6.5
Regular jumping jacks	7.5
Symmetrical stride jacks	9
Asymmetrical stride jacks	10