

Developmental Milestones: Physical/Gross Motor

Child throws a ball or beanbag to a target

These observations involve the following developmental skills:

- Spatial awareness
- Body strength and balance
- Eye-hand coordination
- Concentration; focus
- Self-awareness
- Self-confidence
- Gross motor coordination
- Dexterity

Developmental Milestones: Physical/Gross Motor

Child bounces and catches a ball

These observations involve the following developmental skills:

- Body awareness
- Body strength and control
- Balance & coordination
- Spatial awareness
- Thinking, reasoning & problem-solving
- Self-confidence
- Hand-eye coordination

Developmental Milestones: Physical/Gross Motor

Child walks forward, backward on a 10-foot line

These observations involve the following developmental skills:

- Gross motor control
- Self-confidence
- Spatial awareness
- Body strength
- Balance/coordination
- Concentration; focus

Developmental Milestones: Physical/Gross Motor

Child balances on one foot for 4-8 seconds

These observations involve the following developmental skills:

- Balance & coordination
- Spatial/body awareness
- Body strength
- Self-confidence
- Problem solving

Developmental Milestones: Physical/Gross Motor

Child jumps with two feet

These observations involve the following developmental skills:

- Spatial awareness
- Body strength
- Coordination
- Self-confidence
- Thinking, reasoning & problem-solving

Developmental Milestones: Physical/Gross Motor

Child hops four times on each foot

These observations involve the following developmental skills:

- Spatial awareness
- Body strength
- Coordination & balance
- Self-confidence
- Thinking, reasoning & problem-solving

Developmental Milestones: Physical/Gross Motor

Child is alternating foot placement while going downstairs

These observations involve the following developmental skills:

- Gross motor coordination
- Body strength and balance
- Self-confidence
- Spatial awareness
- Thinking, reasoning, & problem-solving
- Focus; concentration
- Independence
- Visual discrimination

Developmental Milestones: Physical/Gross Motor

Child throws a ball into the air; beginning to catch it

These observations involve the following developmental skills:

- Body awareness
- Body strength, balance & coordination
- Spatial awareness
- Thinking, reasoning & problem-solving
- Following directions
- Self-confidence