

Developmental Milestones: Physical/Gross Motor

Child kicks a large ball with accuracy

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child rolls a large ball and/or throws a beanbag at a target with accuracy

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child catches a ball with both arms extended

These observations involve the following developmental skills:

- Body awareness
- Body strength, balance, and coordination
- Spatial awareness
- Thinking, reasoning, and problem-solving
- Self-confidence
- Eye-hand coordination

Developmental Milestones: Physical/Gross Motor

Child balances and/or hops on one foot

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child jumps three jumps with both 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 walks forward/backward on a line

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child walks on tiptoes with coordination and balance

These observations involve the following developmental skills:

- Body strength
- Balance
- Gross motor coordination
- Self-confidence
- Self-awareness
- Concentration; focus
- Thinking; reasoning

Developmental Milestones: Physical/Gross Motor

Child uses strength and control to climb playground equipment

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child rides a tricycle

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child begins 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, and problem-solving
- Focus; concentration
- Independence
- Visual discrimination

Developmental Milestones: Physical/Gross Motor

Child throws a ball overhand

These observations involve the following developmental skills:

- Spatial awareness
- Coordination
- Hand, arm, and core strength
- Thinking, reasoning & problem-solving
- Self-confidence