

Developmental Milestones: Physical/Gross Motor

Child catches a rolled ball and rolls it forward

These observations involve the following developmental skills:

- Spatial awareness
- Eye-hand coordination
- Core strength
- Interpersonal communication
- Self-confidence

Developmental Milestones: Physical/Gross Motor

Child climbs on playground equipment

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child enjoys playing on slides

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child is able to swing self

These observations involve the following developmental skills:

- Spatial awareness
- Self-confidence
- Body strength and control
- Coordination
- Balance

Developmental Milestones: Physical/Gross Motor

Child uses feet to propel and begins to use pedals on a tricycle

These observations involve the following developmental skills:

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

Developmental Milestones: Physical/Gross Motor

Child throws a ball

These observations involve the following developmental skills:

- Spatial awareness
- Body strength and balance
- Coordination
- Dexterity
- Self-confidence

Developmental Milestones: Physical/Gross Motor

Child kicks a large stationary ball

These observations involve the following developmental skills:

- Spatial awareness
- Body strength and balance
- Coordination; foot-eye coordination
- Concentration; focus
- Self-confidence
- Self-awareness
- Visual discrimination

Developmental Milestones: Physical/Gross Motor

Child walks up and down stairs with adult help/supervision

These observations involve the following developmental skills:

- Gross motor coordination
- Body strength and control
- Self-confidence
- Spatial awareness
- Thinking; reasoning
- Focus; concentration

Developmental Milestones: Physical/Gross Motor

Child stands on one foot at a time with adult support

These observations involve the following developmental skills:

- Body strength
- Balance and control
- Coordination
- Self-confidence

Developmental Milestones: Physical/Gross Motor

Child can stand or pull up on tip toes

These observations involve the following developmental skills:

- Body strength and control
- Balance
- Coordination
- Concentration; focus
- Self-confidence

Developmental Milestones: Physical/Gross Motor

Child engages in exercise play

These observations involve the following developmental skills:

- Gross motor coordination
- Balance and strength
- Focus; concentration
- Self-confidence
- Self-awareness
- Spatial awareness
- Problem-solving

Developmental Milestones: Physical/Gross Motor

Child begins to jump with two feet together

These observations involve the following developmental skills:

- Spatial awareness
- Body strength and control
- Coordination
- Balance
- Self-confidence
- Focus; concentration
- Thinking; reasoning

Developmental Milestones: Physical/Gross Motor

Child runs with ease

These observations involve the following developmental skills:

- Coordination
- Balance
- Body strength
- Self-confidence
- Endurance