

Motor Development Roadmap: Years 1 - 5

13-17 Months

- Crawling up stairs, or over obstacles
- Bear crawl position to stand
- Stands without holding on for short periods
- Takes a few steps on their own

24-36 Months

- Kicks ball with good balance
- Begins to jump, with 1 or 2 footed take off
- Can walk on tip toes
- Side steps
- Walks backwards
- Begins to walk (rather than crawl) down steps

Year 4

- Hops 2-3 times on one foot
- Catches large ball
- Runs fluidly with arms moving back and forth
- Walks down stairs without support in alternating foot pattern

18-24 Months

- Walks without holding on
- Climbs on/off couch on their own
- Walks up steps in step-together pattern
- Kicks a ball with some support
- Begins to run
- Throws a small ball overhand

Year 3

- walks on tip toes
- jumps off ground clearing both feet
- Walks up steps without support in alternating foot pattern
- Stands on 1 foot for 3 seconds

Year 5

- Learning to skip and jump rope
- Learning to ride a bike
- Hops on one foot 8-10 times
- Throws a ball at a target 8-10 feet away

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