

Gross Motor Milestones

By 3 years (36 months) a child should be able to:

- Stand up from the floor without help
- Pick up an object from the floor
- Walk independently with a normal gait pattern
- Walk up and down stairs without a rail with both feet on each step

By 4 years (48 months) a child should be able to:

- Walk up and down stairs without a rail with one foot on each step
- Walk on a line
- Run well

By 5 years (60 months) a child should be able to:

- Hop on one foot
- Gallop

By 6 years (72 months) a child should be able to:

- Skip