

Gross Motor Skills by age and when to be concerned

Age	Gross Motor Skill	When to be Concerned (this is based on 90% of children being able to do the task using the Alberta Infant Motor Scale for <18mths and Peabody Developmental Motor Scale >18mths)
6mths	Rolling Sits with support	Not rolling tummy to back Can't hold head steady and symmetrical and turn head in supported sitting
8mths	Sits unaided Floor mobility	Not sitting unaided Not playing on tummy
9mths	Moves from sitting to tummy Pulls to stand against furniture Standing with support	Not moving on the floor e.g. commando crawl Not taking weight through legs in supported standing
12mths	Walking along furniture	Not sitting to play using 2 hands with a variety of toys Not moving from sitting to tummy Not pulling to stand against furniture
15mths	Walking independently with arms held at shoulder level and wide-based stepping	Not standing unaided Not taking steps with hands held
18mths	Walks independently with arms by side, wide-based stepping Climbs onto furniture	Not walking independently
24mths	Walks with adult-like pattern and arms by side Walks up and down steps, 2-feet per step with 1 hand held Begins to run Jumps on spot Throws a ball with uncontrolled direction and legs wide apart Kicks a ball by walking into the ball	Walking is unsteady with no heel strike, unable to walk on grass or sand Limited play skills Unable to walk up or down stairs even with hands held, prefers to crawl up and down stairs
30mths	Walks on tiptoes Runs 10m (30 feet) in 10sec Jumps forward ~30cm (12 inches) Jumps down off a 40cm (16 inch) step Throws a ball overarm	Not attempting to run or jump Fatigues easily Falls often Unable to balance in standing when trying to throw or kick
36mths	Walks up and down stairs one foot per step holding a rail Runs fluently but may still fall when changing direction	Uncoordinated run and jump No or limited adventurous play with other children or on own

	Jumps down off a 60cm (24 inch) step Stands on 1 foot for ~3 seconds	No or limited imaginative play with other children or on own
48mths	Walks up and down stairs in adult-like pattern Walks on toes Stands on 1 foot 5sec Runs with control and can manoeuvre around static obstacles Jumps down, up, forward, over a rope (15cm off floor) Hops on 1 foot 5 times Walks a balance beam Throws a ball overarm and steps forward with (ipsilateral) foot on same side as throwing arm Kicks a soccer ball while running	No or limited social play with other children Not initiating play but can follow play led by an adult Not able to plan movement requiring 2 stages
60mths	Stands on 1 foot for 10sec Gallops with either leg leading Skips with alternate arm-leg movements Throws a tennis ball overarm and steps forward with opposite (contralateral) foot Catches 20cm ball in hands	Unable to stand on 1 leg Appears weak or uncoordinated Fearful of climbing Uses avoidance strategies when attempting to catch

Alberta Infant Motor Scale

https://journals.lww.com/pedpt/Fulltext/2004/01610/Examination_of_the_Item_Structure_of_the_Alberta.6.aspx/

Peabody Developmental Motor Scale

https://journals.lww.com/ajpmr/Abstract/2009/05000/Measurement_Properties_of_Fine_Motor_Scale_of.5.aspx