

# GROSS MOTOR CHECKLIST

## Locomotor Skills

	runs with control
	walks on tip toes
	shuffles from side to side
	hops 5 times on one foot
	begins to skip

## Jumping

	jumps with two feet
	jumps over an object (one foot first)
	jumps on one foot
	jumps over an object (with two feet)
	begins to jump rope

## Balance & Coordination

	balances on one foot for 5-10 seconds
	walks on a line
	walks on a balance beam forwards
	walks on a balance beam backwards
	rides a tricycle
	touches feet while standing
	twists at waist with arms in
	twists at waist with arms out
	walks up the stairs with alternating feet
	walks down the stairs with alternating feet

## Playing

	performs a forward roll
	uses a slide
	climbs a playground ladder
	completes a log roll
	pumps legs to maintain momentum on a swing
	throws a ball with accuracy
	catches a large ball with two hands
	bounces a large ball