

G R O S S

M O T O R

- From sitting cross-legged on floor, crawls without turning body more than 30 degrees
- Uses alternating steps to walk 8 feet while holding adult's hand
- Walks unaided for 5 steps
- Picks up toy, returns to standing, and takes 3 steps without losing balance
- Creeps up 2 steps on hands and knees



- Walks 10 feet with narrow base of support, heel-toe gait, using reciprocal pattern for 5 feet

- Creeps backward down 3 steps without support
- Walks up 4 steps without support (may place 1 or both feet on each step)
- Walks 10 feet quickly
- Walks backward 5 steps (may pull toy)
- With support only from adult's finger, walks down 4 steps (may place 1 or both feet on each step)
- Walks backward 5 steps



- Runs forward 10 feet
- Stands on 2-inch line with 1 foot in front of other; toe of back foot is within 3 inches of front foot
- Walks sideways for 10 feet, leading with same foot
- Walks with 1 foot on 4-inch line for 6 feet
- Jumps forward 4 inches without falling
- With feet together, jumps up 2 inches
 - Jumps down 1 step without assistance (1 foot may lead)
 - Walks up 4 steps without support from wall or rail (may place 1 or both feet on each step)



- Walks down 4 steps without support (may place 1 or both feet on each step)
- Walks backward 10 feet without heels touching toes
- Jumps up and touches line 2 inches above standing reach
- With hands on hips and without heels touching toes, takes 3 steps forward on 4-inch line
- Places 1 foot on each step, walks up 4 steps (may use wall or rail for support)
- Jumps down from object 15 in. high without assistance (1 foot may lead)
- With hands on hips and without heels touching floor, walks on tip-toes for 5 steps
- Runs 30 feet



- In kneeling position, maintains balance while rotating head



- Without losing balance, rotates 8-inch ball with arms and/or hands
- Using hand/arm contact, rolls 8-inch ball forward
- Throws 3-inch ball in any direction by extending arm at shoulder or elbow



- Lifts foot and contacts 8-inch ball
- Maintaining balance, throws 3-inch ball by extending arm



- Kicks ball forward 3 feet
- Throws small ball overhead 3 feet forward before it touches floor
- Throws small ball underhand 3 feet forward before it touches floor



- Presenting extended arms directly in front, palms facing upward or facing each other, attempts to catch 8-inch ball by bending arms toward chest
- Initiates overhead throw by moving arm upward and back; small ball travels 7 feet before touching floor
- Initiates underhand throw by moving arm down and back; small ball travels 7 feet before touching floor
- Using opposing arm and leg movements and initiating kick by extending leg back with bent knee, kicks ball forward 6 feet



F I N E

M O T O R

- Opens book
- Spins spoon in cup
- Turns bottle over and dumps out pellet
- Places 7 cubes in cup
- Places 3 pages in neighborhood
- Taps cup horizontally with spoon
- Places 1 shape into correct hole in formboard
- Puts pellet in bottle
- Makes at least 1 scribble more than 1 inch long on paper



- Stacks 2 to 3 cubes
- Places 3 shapes into correct holes in formboard



- Turns 3 pages in book, 1 at a time
- Places 3 shapes into correct holes in formboard
- Stacks 4 to 6 cubes
- Draws vertical line



- Removes screen on lid from bottle
- Stacks 8 to 10 cubes
- Cuts paper in 1 place
- Draws horizontal line
- Bends paper, producing crease
- Using 4 cubes, aligns 3 cubes and positions top cube on one end
- Strings 2 to 4 beads



- Picks up 2 cubes with 1 hand and holds them



- Grasps marker with thumb and 1st finger toward paper and remaining fingers around marker



Peabody Gross Motor Developmental Scale

Jessica J Manson



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