

## 2-3 Year Old Physical Milestones

This year, children may not only *grow* by leaps and bounds, but also *learn* to leap and bound! Expect to see big things happening with the big muscles (gross motor skills), as well as development in small muscle movement (fine motor skills).

Most 2-year-olds learn to do things like these by the end of their third year:

### Gross Motor Skills

- Walk, run and start learning to jump with both feet
- Pull or carry toys while walking
- Throw and kick a ball; try to catch with both hands
- Stand on tiptoes and balance on one foot
- Climb on furniture and playground equipment
- Walk up stairs, holding on to the railing; may alternate feet

### Fine Motor Skills

- Start brushing own teeth and hair
- May pull pants up and down
- Turn on the faucet and wash hands
- Build a block tower of at least four blocks
- Start practicing snaps and zipping up (if you start the zip)
- Hold utensils and crayons with fingers instead of a fist, although the grasp still may not be quite right.

## 3-4 Year Old Physical Milestones

This year children are working to get better at the gross and fine motor skills they developed as 2-year-olds. They start doing some new things, too. Most 3-year-olds learn to do things like these by the time they're 4:

### Gross Motor Skills

- Run and walk without tripping over own feet
- Jump, hop and stand on one foot
- Walk backwards and climb stairs one foot after the other
- Kick and throw a small ball; catch a bigger ball most of the time
- Climb
- Start pedaling a tricycle or bike

### Fine Motor Skills

- Draw a circle with a crayon, pencil or marker
- Play with toys with small moving parts and buttons
- Turn the pages of a book one at a time
- Build with Mega Blocks and create towers of six or more blocks
- Work door handles and twist-on bottle tops

## 4-5 Year Old Physical Milestones

Children can put on close to five pounds and grow four inches this year. Eyesight continues to get better, too, so coordination improves. By the end of this year, most children can do these things:

### *Gross Motor Skills*

- Control movement more easily; start, stop, turn and go around obstacles while running
- Log roll, do somersaults, skip and trot
- Get dressed with minimal help (zippers, snaps and buttons may still be a little hard)
- Throw and bounce a ball
- Jump over objects and climb playground ladders
- Pedal *and* steer a tricycle or bike

### *Fine Motor Skills*

- Draw or copy basic shapes and crosses (this is a milestone known as “being able to cross the midline”)
- Write some letters
- Begin to use scissors purposefully
- Stack a tower at least 10 blocks high
- String beads or O-shaped cereal to make necklaces
- Pinch and shape clay or play-dough into recognizable objects

## 5-6 Year Old Physical Milestones

Kids tend to be fairly active at this age and can run, hop, skip and jump without tripping over their own feet. Most 5-year-olds learn to do these things:

### *Gross Motor Skills*

- Walk on tiptoes and heel-to-toe like on a balance beam
- Jump rope and pump legs to swing alone
- Stand and hop on each foot
- Catch a ball the size of a softball
- Start to move in different ways at the same time to do things like swim, dribble a basketball or dance

### *Fine Motor Skills*

- Use one hand more than the other (known as “hand dominance”)
- Hold a pencil using a tripod grip (two fingers and a thumb)
- Cut out basic shapes with scissors; may be able to cut a straight line
- Use a fork, spoon and knife easily
- Be able to wipe and wash after using the bathroom