

4th Grade Gross Motor Milestones

- 3rd grade skills with improved complexity
- Throw an object to a moving partner with good success
- Run and kick/punt a moving ball without loss of balance
- Dribble a ball, alternating hands with good control while walking
- Catch a ball outside of chest area, moving body/hands to ball with good consistency
- Demonstrate basic ball skills (bounce, kick, throw, hit, catch) with typical movements like an adult



5th grade Gross Motor Milestones

- 4th grade skills with improved complexity
- Can move smoothly between different positions including twisting, bending, curling and stretching
- Gross motor skills vary heavily in 5th grade and on, but a child in this or higher grades should demonstrate skills similar to their sex-matched peers in strength, balance, coordination, and speed.
- Limitations in any one of these areas can warrant a physical therapy evaluation, including a child's hesitation to participate fully with peers in physical education or recess

