

## Kindergarten Gross Motor Milestones

- Ascend and descend stairs with alternating feet and one foot per step
- Stand on one leg for 5 seconds with hands on hips
- Throw a small ball overhand or underhand from 10 feet and hit a target
- Catch a ball from 5 feet
- Accurately kick a ball 6 feet
- Hop on 1 foot forward 5 times
- Jump forward 2.5 feet with feet together
- Walk on a line for 8 feet



## 1st Grade Gross Motor Milestones

- Hop 20 feet on one leg without stopping
- Perform 5 full situps in a 30 second period
- Perform 8 full pushups in a 20 second period
- Walk on tiptoes for 20 feet
- Skip with ease for 20 feet
- Stand on one leg for 10 seconds with hands on waist
- Bounce and catch a ball with ease
- Accurately kick a ball toward a target 15 feet away



## 2nd Grade Gross Motor Milestones

- Catch a small ball with hands only
- Kick a moving ball
- Perform cartwheel and handstand
- Dribble a basketball
- Jump rope independently
- Ride a 2-wheel bike
- Perform multiple whole-body movements with ease (ex/catch a ball and then immediately run with it)

## 3rd Grade Gross Motor Milestones

- 2<sup>nd</sup> grade skills with increased complexity
  - Cross a balance beam with ease
  - Dribble a ball with good control while walking
  - Change speed during running/gameplay with ease
  - Balance on different surfaces with active hands
  - Can 'serve' a volleyball with good contact and movement patterns

