

Gross Motor Skills - Middle School

- While gross motor skills vary widely in middle school, your school Physical Education teacher should have standards that measure a child's gross motor skills for their grade. Some common standards for 6-9th graders include:
 - Boys running a mile in less than 10 minutes, girls in less than 11.5 minutes
 - 18 continuous situps without resting
 - Boys performing 10-14 pushups, and girls 7 pushups before resting
 - For flexibility, touching the toes or beyond with 'sit and reach' test
 - Catching, kicking, throwing, hitting balls in various sports games with good accuracy and success
 - A child is expected to participate in physical education activities with fair/good coordination, balance, strength, and power
 - Some American standards for 6-8th grade include the ability to participate in moderately complex dancing and sports games, with coordinated and balanced movements that require continuous full body movement that transitions to new movements without delay
 - Limitations in any one of these areas can warrant a physical therapy evaluation, including a child's hesitance to participate fully with peers in physical education or recess



Gross Motor Skills - High School

- Similar to Middle School, gross motor skills vary at this age, but increased skill in all gross motor areas is expected. Your school Physical Education teacher should have standards that measure a child's gross motor skills for their grade. Some common standards for 9-12th graders include:
 - Boys running a mile in less than 8.5 minutes, girls in less than 10 minutes
 - 18 continuous situps without resting
 - Boys performing 20-30 pushups, and girls 15 pushups, before resting
 - For flexibility, touching the toes or beyond with 'sit and reach' test
 - Catching, kicking, throwing, hitting balls in various sports games with good accuracy and success
 - A child is expected to participate in physical education activities with good coordination, balance, strength, and power.
 - Limitations in any one of these areas can warrant a physical therapy evaluation, including a child's hesitance to participate fully with peers in physical education or recess

