

MILESTONES

FINE MOTOR SKILLS



pre-K

- copies several prewriting shapes | _ O + square, etc
- cuts straight lines
- static tripod grasp emerges (beginnings of a mature grasp)



K

- handedness is well established
- mature pencil grasp emerging or established
- writes name
- picks up small objects with pincer grasp
- ties a single knot
- zips
- buttons and unbuttons several buttons
- cuts straight lines and simple shapes
- brushes teeth/dresses for school without help
- learns to write the alphabet
- colors within lines of large shapes



1st

- opens snack packages independently
- ties shoes independently
- colors within lines of small shapes



2nd

- packs backpack for the day independently
- fine motor skills are developed, and will be refined from here-on out



3rd

- continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks



4th

- continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks



5th

- continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks

MILESTONES

GROSS MOTOR SKILLS



pre-K

- balances on one foot for 6-8 seconds
- skips
- jumps backwards
- begins to pump on a swing
- hops 5 times on 1 foot
- walks up and down stairs with alternating feet independently



K

- skips, jumps, hops, walks on tip toes
- balances on one foot for up to 10 seconds
- walks on tip toes
- throws ball, catches a bounced ball, kicks
- catches 8 inch ball from 5 feet using both hands
- hits a target from at least 5 feet
- uses upper trunk rotation and moves arms/legs in opposition to throw
- may start to ride a small two wheeled bike, scooter



1st

- Runs, hops, jumps, leaps, slides, skips, gallops
- 2 minutes moderate-intense physical activity
- 4-10 push ups
- 4-14 crunches
- when laying on stomach lifts chest up 6 inches from ground (core)
- throws, catches & kicks with decreased fluidity
- understands right and left well



2nd

- fluid transition between movements (ie. skipping to running)
- 3 minutes moderate-intense physical activity
- up to 10 push ups
- up to 20 crunches
- proficient with bike riding



3rd

- bounces, kicks, throws, catches fluidly
- increased coordination
- up to 15 push ups
- up to 22 crunches



4th

- moves fluidly in game-like environment
- push-ups (boys up to 20, girls up to 15)
- runs a mile between 9-13 minutes



5th

- adjusts speed, direction, force of movement
- runs a mile between 8.5-12 minutes