



# FINE AND GROSS MOTOR MILESTONES BY GRADE

## Parent and Teacher Handout

Keep in mind that development varies widely, and your child may be ahead or behind in different areas of development. This chart is just a guide to know about where your child should be with gross and fine motor skills by the end of each grade.

<b>Pre-K</b>	
<b>Fine Motor</b> <ul style="list-style-type: none"><li>• Copies several pre-writing shapes   _ O + square, etc</li><li>• Cuts straight lines</li><li>• Static tripod grasp emerges (beginnings of a mature grasp)</li></ul>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>• Balance on one foot for 6-8 seconds</li><li>• Skip</li><li>• Jump backward</li><li>• Begin to pump on a swing</li><li>• Hop 5 times on 1 foot</li><li>• Walk up and down stairs with alternating feet independently</li></ul>
<b>Kindergarten</b>	
<b>Fine Motor</b> <ul style="list-style-type: none"><li>• Handedness is well established</li><li>• Mature pencil grasp emerging or established</li><li>• Writes name</li><li>• Picks up small objects with pincer grasp</li><li>• Ties a single knot</li><li>• Zips</li><li>• Buttons and unbuttons several buttons</li><li>• Cuts straight lines and simple shapes</li><li>• Brushes teeth/dresses for school without help</li><li>• Learns to write the alphabet</li><li>• Colors within lines of large shapes</li></ul>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>• Skip, jump, hop, walk on tiptoes</li><li>• Balance on one foot for up to 10 seconds</li><li>• Throw ball, catch a bounced ball, kick</li><li>• Catch 8 inch ball from 5 feet using both hands</li><li>• Hits a target from at least 5 feet</li><li>• Uses upper trunk rotation and moving arms/legs in opposition to throw</li><li>• May start to ride a small two wheeled bike, scooter</li><li>• Walk on tiptoes</li></ul>
<b>1st grade</b>	
<b>Fine Motor</b> <ul style="list-style-type: none"><li>• Opens snack packages independently</li><li>• Ties shoes independently</li><li>• Colors within lines of small shapes</li></ul>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>• Run, hop, jump, leap, slide, skip, gallop</li><li>• 2 minutes moderate-intense physical activity</li><li>• 4-10 push ups; 4-14 crunches</li><li>• When laying on stomach lift chest up 6 inches from ground (core)</li><li>• Throw, catch &amp; kick with decreased fluidity</li><li>• Understands right and left well</li></ul>



## FINE AND GROSS MOTOR MILESTONES BY GRADE

### Parent and Teacher Handout

<b>2nd Grade</b>	
<b>Fine Motor</b> <ul style="list-style-type: none"><li>● Pack backpack for the day independently</li><li>● Fine motor skills are developed, and will be refined from here-on out</li></ul>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>● Fluidly transition between movements (ie. skipping to running)</li><li>● 3 minutes moderate-intense physical activity</li><li>● Up to 10 push ups; Up to 20 crunches</li><li>● Proficient with bike riding</li></ul>
<b>3rd Grade</b>	
<b>Fine Motor</b> <p>Continue to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks</p>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>● Bounce, kick, throw, catch fluidly</li><li>● Increased coordination</li><li>● Up to 15 push ups; Up to 22 crunches</li></ul>
<b>4th Grade</b>	
<b>Fine Motor</b> <p>Continue to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks</p>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>● Move fluidly in game-like environment</li><li>● Push ups (boys up to 20, girls up to 15)</li><li>● Run a mile between 9-13 minutes</li></ul>
<b>5th Grade</b>	
<b>Fine Motor</b> <p>Continue to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks</p>	<b>Gross Motor</b> <ul style="list-style-type: none"><li>● Adjust speed, direction, force of movement</li><li>● Run a mile between 8.5-12 minutes</li></ul>