

**Motor milestones 18 months to 5 years**

Age in months	Physical skills acquired
18-24	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table –</li> <li>✓ Runs safely on whole foot stopping and starting with ease</li> <li>✓ Pushes and pulls large wheeled toys easily forwards and usually walking backwards</li> <li>✓ Pulls small toys along with obvious awareness of direction</li> <li>✓ Likes to climb on furniture to look out of the window etc can get back down again</li> <li>✓ Squats to play or rest .Stands up again without the use of hands</li> <li>✓ Walks up stairs and down holding onto rail or wall two feet to a step</li> <li>✓ Throws ball overhand and forwards, without falling over</li> <li>✓ Walks into a large ball when trying to kick it</li> <li>✓ Sits on a small trike but cannot use pedals but can move it using feet</li> <li>✓ Builds tower of 4 to 6 bricks</li> <li>✓ Threads large beads</li> <li>✓ Turns over one page of a book</li> <li>✓ Places rings on a post / square &amp; triangle shape into an easy inset puzzles / shape into a posting toy</li> <li>✓ Straight and circular scribbles with a pencil / crayon holding using a pronated palmar grasp (all fingers but hand turned over) Progressing to short vertical line.</li> <li>✓ Preferred hand used more than half of the time</li> <li>✓ Engaging in messy play</li> <li>✓ Loading a spoon and feeding self with it</li> <li>✓ Holding a lidded cup and using independently</li> </ul>
24-30	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table</li> <li>✓ Runs safely on whole foot stopping and starting with ease</li> <li>✓ Pushes and pulls large wheeled toys easily forwards and usually walking backwards but some difficulty steering around obstacles</li> <li>✓ Can jump off small step with two feet</li> <li>✓ Can stand on tiptoe if shown</li> <li>✓ Squats to play or rest and stands without the use of hands</li> <li>✓ Walk up stairs and down holding onto rail or wall two feet to a step confidently</li> <li>✓ Throws ball from hand stiffly at body level</li> <li>✓ Kicks large ball, gently and unevenly</li> <li>✓ Climbs size appropriate play apparatus</li> <li>✓ Builds tower of 8 to 10 bricks</li> <li>✓ Builds bridge with 3 bricks in imitation</li> <li>✓ Builds bridge with 3 bricks in imitation</li> <li>✓ Threads large beads</li> <li>✓ Turns over 3 pages of a board book</li> <li>✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy</li> <li>✓ Copies a vertical line / horizontal line and circle with a pencil / crayon when demonstrated.</li> <li>✓ Holds using a digital pronated grasp (held in straight fingers but hand turned over)</li> <li>✓ Snips paper with scissors</li> <li>✓ Generally has developed hand preference</li> <li>✓ Knows how to hold scissors, open and shut the blades and snip paper</li> <li>✓ Engaging in messy play</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face.</li> <li>✓ Unbuttons large button.</li> <li>✓ Asking to use the potty progressing to toilet training</li> </ul>
30-36	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table</li> <li>✓ Runs safely on whole foot stopping and starting with ease and avoiding obstacles</li> <li>✓ Can run Pushing and pulling large wheeled toys easily forwards and backwards steering around obstacles</li> <li>✓ Can jump off small step with two feet</li> <li>✓ Can walk on tiptoe</li> <li>✓ Can stand on one leg momentarily when shown</li> <li>✓ Walks up stairs using alternating feet, comes down two feet to a step, can carry a large toy</li> <li>✓ Can jump from bottom step two feet together</li> <li>✓ Awareness of size and movements of own body in relation to external objects and space</li> <li>✓ Throws ball overhand and catches a large ball arms extended</li> <li>✓ Kicks ball forcibly</li> <li>✓ Rides tricycle pedalling and steering round wide corners</li> <li>✓ Climbs size appropriate play apparatus with ease</li> <li>✓ Builds tower of 8 to 10 bricks</li> <li>✓ Builds bridge with 3 bricks in imitation</li> <li>✓ Builds bridge with 3 bricks in imitation</li> <li>✓ Threads large beads</li> <li>✓ Turns over 3 pages of a board book</li> <li>✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy</li> <li>✓ Copies a vertical line / horizontal line and circle with a pencil / crayon when demonstrated.</li> <li>✓ Holds using a digital pronated grasp (held in straight fingers but hand turned over )</li> <li>✓ Snips paper with scissors</li> <li>✓ Generally has developed hand preference</li> <li>✓ Knows how to hold scissors, open and shut the blades and snip paper</li> <li>✓ Engaging in messy play</li> <li>✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face.</li> <li>✓ Unbuttons large button.</li> <li>✓ Asking to use the potty progressing to toilet training</li> </ul>
36-42	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table</li> <li>✓ Climbs ladders</li> <li>✓ Can walk, run and stand on tiptoe</li> <li>✓ Can stand on one leg for 3-5 seconds</li> <li>✓ Can hop on preferred foot</li> <li>✓ Can stand/walk on heels when shown</li> <li>✓ Throws ball overhand and catches with more skill</li> <li>✓ Kicks ball forcibly with skill</li> <li>✓ Can use a bat</li> <li>✓ Builds tower of 10+ bricks</li> <li>✓ Threads medium beads</li> <li>✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy</li> <li>✓ Copies a cross ( + ), with a pencil / crayon.</li> <li>✓ Supports the paper when 'drawing'</li> <li>✓ Holds using a static ( still ) tripod grasp on the pencil</li> </ul>

	<ul style="list-style-type: none"> <li>✓ Has developed hand preference</li> <li>✓ Knows how to hold scissors and use scissors to cut a piece of paper in half</li> <li>✓ Engaging in messy play</li> <li>✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together, Washes and dries hands and face.</li> <li>✓ Unbuttons large button.</li> <li>✓ Toilet trained</li> <li>✓ Can get on / off the toilet unaided</li> <li>✓ Puts on garments such as a t-shirt with some help, shoes (possibly the wrong way round), pulling up trousers etc</li> </ul>
42-48	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table</li> <li>✓ Climbs ladders</li> <li>✓ Can walk, run and stand on tiptoe</li> <li>✓ Can stand on one leg for 3-5 seconds</li> <li>✓ Can hop on preferred foot</li> <li>✓ Can stand/walk on heels when shown</li> <li>✓ Throws ball overhand and catches with more skill</li> <li>✓ Kicks ball forcibly with skill</li> <li>✓ Can use a bat</li> <li>✓ Builds tower of 10+ bricks</li> <li>✓ Threads medium beads</li> <li>✓ Places 5 rings on a post in order / 3 shapes into inset puzzle / 4 part nesting toy</li> <li>✓ Copies a cross ( + ), with a pencil / crayon.</li> <li>✓ Supports the paper when 'drawing'</li> <li>✓ Holds using a static ( still ) tripod grasp on the pencil</li> <li>✓ Has developed hand preference</li> <li>✓ Knows how to hold scissors and use scissors to cut a piece of paper in half</li> <li>✓ Engaging in messy play</li> <li>✓ Drinking from open cup, stabbing with a fork, scoops and can use fork and spoon together,</li> <li>✓ Washes and dries hands and face.</li> <li>✓ Unbuttons large button.</li> <li>✓ Toilet trained</li> <li>✓ Can get on / off the toilet unaided</li> <li>✓ Puts on garments such as a t-shirt with some help, shoes (possibly the wrong way round), pulling up trousers etc</li> </ul>
48-60	<ul style="list-style-type: none"> <li>✓ Stable in sitting a small chair and table</li> <li>✓ Walks easily on narrow line</li> <li>✓ Climbs ladders</li> <li>✓ Can stand on one leg for 8-10 seconds</li> <li>✓ Can hop on either foot 2-3 meters</li> <li>✓ Can walk on heels</li> <li>✓ Active and skilful in climbing, sliding, swinging, digging</li> <li>✓ Skips on alternate feet</li> <li>✓ Bends and touches toes with legs straight</li> <li>✓ Plays all variety of ball games with considerable ability appreciates scoring and rules of the game.</li> <li>✓ Moves rhythmically to music</li> <li>✓ Uses a dynamic tripod grasp of the pencil with movement of the fingers</li> <li>✓ Able to cut a triangle and progressing to a circle</li> <li>✓ Able to copy a square, with a pencil / crayon. Also progressively shapes involving diagonal lines e.g. triangle, diagonal cross leading eventually to early letter formation</li> </ul>

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