

Facts Sheet Gross Motor Skills

What are gross motor skills?

Gross motor skills are physical skills that require whole body movements, which involve the large core muscles of the body to perform functions such as sitting, walking, standing, running and jumping. *These skills set the foundation for more complex and specialised skills.*

Typical developmental stages in learning motor skill development include:

Age	Typical Developmental Stages
0 – 2 months	- Raises head slightly when on stomach. - Holds head up momentarily with support.
3 – 5 months	- Bounces when standing with support from parents. - Rolls around.
6 – 8 months	- Getting on hands and knees into a crawling position. - Stands with support.
9 – 11 months	- Sitting unsupported for several minutes. - Starts crawling or creeping on tummy.
12 – 15 months	- Stands and walks independently without support. - Starts running.
16 – 18 months	- Runs stiffly. - Walks up one step at a time with hand held or using railing.
24 – 29 months	- Runs well. - Walk up and down stairs with support.
3 years	- Walks upstairs with alternating feet and down stairs two feet to a step. - Pedals on tricycle. - Catches ball using body.
4 years	- Catches a bounced ball. - Hops forward.
5-6 years	- Catches small ball with two hands - Stands on one foot for 10 seconds - Hops on one foot 10 times or for 2 metres - Able to skip using a skipping rope - Able to walk on a balance beam

What are some examples of delay with gross motor skill development?

0 – 3 months

- unable to maintain position on stomach.

3 – 6 months

- arms, legs and trunk are floppy or stiff.

7 months

- does not sit without support.
- has a stiff or floppy muscles.

12 months

- prefers one position such as to only sitting or only standing.
- does not weight bear through legs in supported standing or through arms when crawling.

18 months

- does not crawl, stand or walk.
- uses one hand or leg much more than the other.

24 months

- walks on toes consistently or unable to perform a heel-to-toe walking pattern.

2 – 3 years

- is “clumsy” with walking and/or running, often falling over.

3 – 5 years

- cannot ride a tricycle.
- has difficulties with dressing, feeding and toileting.
- difficulties with using playground equipment.

5 – 6 years

- difficulty participating in sporting activities.

Therapy for late developers:

It is important to note that every child's development is unique.

Some children may be advanced with some skills but slow in developing others.

In some instances, delayed development is not very serious and many late developing children do eventually catch up to with their motor development. Early intervention is very important and consultation with a developmental paediatrician is advisable. Late development can be addressed with occupational therapy and other services.

For further information about Fabic Occupational Therapy Services, please visit our website fabic.com.au or contact us on 5530 5099.