

Preschool Milestones

Physical Development and Health

1. Gross Motor Development

A. Moves with balance and control

1. Walks forward 12 steps
2. Walks backward 6 steps
3. Walks sideways 12 strides
4. Walks up/down steps without support, alternating feet
5. Runs in place
6. Runs around in a small circle
7. Runs to a designated location and back
8. Runs avoiding people and obstacles
9. Runs for distance or speed
10. Runs quickly or slowing on cue (20 or more strides)
11. Runs, combining movements (run, run, leap; run, run, leap)
12. Runs, touching objects placed in a zigzag pattern (3 objects while running 25 feet)
13. Runs, picking up objects while running (3 objects off the ground)
14. Gallop 8 strides
15. Gallops quickly or slowly on cue (20 or more strides)
16. Skips 8 strides
17. Skips quickly or slowly on cue
18. Skips backwards 3 skips
19. Balances on 1 foot for 3 seconds
20. Balances on 1 foot, grasping the other (5 seconds)
21. Balances on romper stompers (tin-can stilts, 6 steps)
22. Balances on 1 foot for 20 seconds
23. Balances on each foot (10 seconds, changes feet, 10 seconds)
24. Balances on tiptoes (10 seconds)
25. Balances on tiptoes with hands on hips
26. Balances on 1 foot with arms folded across chest
27. Balances on each foot alternately (back and forth several times)
28. Balances swinging each leg separately (back and forth several times)
29. Balances on each foot, alternately, with eyes closed
30. Balances touching toes with both hands
31. Skates forward 10 feet
32. Walks forward on an 8 foot line of tape
33. Walks backward on an 8 foot line of tape

34. Walks sideways on an 8 foot line of tape
35. Walks forward across a balance beam
36. Walks backward across a balance beam
37. Walks sideways across a balance beam
38. Walks forward on balance beam, turns around and walks back without falling off
39. Jumps in place on 2 feet
40. Jumps over low objects (rope)
41. Jumps over 3" object
42. Jumps in place 4 times
43. Jumps in place with 5 "jumping jacks" (coordinating alternate feet: up and down, together and apart)
44. Jumps forward
45. Jumps forward 3 times
46. Jumps backwards without losing balance
47. Jumps and turns
48. Does a running broad jump
49. Does a standing broad jump (38" or more)
50. Jumps over a stationary rope held by others
51. Jumps over a swinging rope held by others
52. Jumps rope alone (5 times)
53. Hops on one foot 4 times
54. Hops on one foot forward (4 hops)

B. Coordinates movements to perform simple tasks

1. Throws a ball into the air
2. Throws a 3" ball forward
3. Throws a ball to a person a short distance away (a small ball with one hand)
4. Throws a ball and hits a target (large target, 3" ball)
5. Throws a ball in the air and catches it (3" ball)
6. Throws a ball into a large container (low basketball hoop or laundry basket held above the head, large ball)
7. Throws a ball into a container from 2 feet away (#10 can size, 3" ball)
8. Catches a ball thrown underhand (large ball with two hands)
9. Catches a ball bounced once (large ball)
10. Catches a ball thrown back and forth (plays catch, 3" ball)
11. Catches a ball bounced once (3" ball)
12. Catches a ball with one hand (3" ball)
13. Bounces a large ball with 1 or 2 hands

14. Bounces a ball 3 times in a row with 1 or 2 hands
15. Bounces a large ball to a partner
16. Bounces a ball 10 times in a row with 1 or 2 hands
17. Bounces a ball 5-6 times using alternate hands
18. Dribbles a ball with direction
19. Uses a bat to hit a small ball (3" wiffle ball) from a stand
20. Uses a bat to hit a small ball (3" wiffle ball) thrown underhand
21. Rolls a large ball forward while standing
22. Rolls a large ball forward and hits a target
23. Kicks a large ball
24. Kicks a large ball forward while standing still
25. Kicks a large ball forward while walking
26. Kicks a large ball toward a target
27. Kicks a large ball while running
28. Kicks a large ball rolled to the child
29. Kicks a large ball 6 feet or more (drop kicks from standing position)
30. Attempts peddling movements (as if riding a tricycle)
31. Pedals a tricycle smoothly
32. Pedals around wide corners
33. Pedals around obstacles and sharp corners
34. Rides a scooter by propelling with one foot
35. Steers a wagon by propelling with one foot

2. Fine Motor Development

A. Uses strength and control to perform simple tasks

1. Puts pegs in pegboards
2. Constructs simple structure with interlocking pieces (bristle blocks, legos)
3. Uses clothespins to hang up art work or doll clothes to dry
4. Tears tape from tape dispenser
5. Uses scissors to snip playdo snakes
6. Uses scissors to snip paper strips
7. Uses scissors to fringe along an edge (2 or 3 cuts)
8. Cuts 4"-6" or 6"-8" paper strips
9. Cuts along a 3" line
10. Cuts curved lines
11. Cuts out simple pictures
12. Turns pages in a book
13. Twists screw top jar lids off and on

14. Turns handle of an eggbeater
15. Twists a wind-up toy
16. Twists small pieces of tissue paper into balls for collage
17. Twists nuts and bolts together
18. Turns pre-fitted screws with screwdrivers

B. Uses eye-hand coordination to perform tasks

1. Complete puzzles (6-8 pieces, 10-12, 12-15)
2. Uses tongs to place objects in a bowl
3. Uses tweezers to pick up small objects
4. Folds paper to place in an envelope
5. String beads
6. Strings cheerios
7. Laces through punched holes in lacing cards
8. Weaves paper strips through pre-cut slits in stiff paper
9. Braids thick yarn or material strips
10. Ties knots
11. Builds a tower of 1" cubes
12. Builds simple unit block structure
13. Creates recognizable, named structures using many unit blocks
14. Hammers large pegs in a workbench
15. Hammers golf tees in styrofoam
16. Hammers a nail in soft wood
17. Saws a piece of wood in half
18. Removes shirt and pants
19. Takes coat off and hangs on hook
20. Puts coat on
21. Takes off and puts on shoes and socks
22. Ties shoe lace
23. Laces shoes
24. Manages Velcro fasteners
25. Unzips clothes
26. Zips clothes
27. Unbuttons clothes
28. Buttons clothes
29. Zips a separated front zipper (jacket)
30. Unsnaps front snaps
31. Snaps front snaps

32. Unbuckles belt
33. Inserts belt through loops
34. Pulls pants and underpants up and down for toileting
35. Uses small cup for drinking with minimal spills
36. Feeds self with spoon
37. Feeds self with fork
38. Uses a napkin to wipe hands, mouth, and wipe up spills
39. Uses table knife and fork to cut food
40. Passes food bowl and serves self
41. Scrapes own plate after lunch
42. Stirs liquids with a spoon
43. Prepares own bowl of cereal
44. Pours rice from one container to another
45. Pours own milk
46. Uses blunt-edge knife to spread cream cheese on a bagel
47. Prepares a sandwich
48. Grates a carrot with a grater
49. Opens a small milk carton
50. Washes and dries own face and hands
51. Wipes nose with tissue
52. Brushes own teeth

C. Shows beginning control of writing, drawing and art tools

1. Experiments with a variety of drawing tools: crayons, markers, chalk
2. Experiments with sponges, Q-tips, brushes and other tools for painting lines and shapes
3. Paints at the easel, trying big and small brushes and different strokes
4. Draws a person with at least one body part (named by the child)
5. Draws a person with major body parts
6. Draws a person with body details (eyes, nose, mouth, ears, fingers, toes, etc)
7. Draws a scene with details (sky, sun, clouds, rainbow, house, flowers, etc)
8. Draws a series of pictures to depict a story
9. Makes designs with finger-paint
10. Uses small paint brush and water colors
11. Holds pencil in pincer grasp
12. Uses pencil in preferred hand
13. Scribble "writes" with pencil, pens, markers
14. Makes some recognizable letters
15. Writes own first name

16. Uses glue stick to create collage