



Gross Motor Skills Checklist for Preschoolers

BEGINNING LOCOMOTOR SKILLS

- Walking
- Running
- Galloping
- Shuffling (Side to Side)
- Skipping

JUMPING

- Jumping with Two Feet
- Jumping Over an Object (One Foot First)
- Jumping on One Foot
- Jumping Over an Object (With Two Feet)

BALANCE AND COORDINATION

- Balance on One Foot for 10 seconds
- Walk a Balance Beam
- Ride a Tricycle
- Walk Up Stairs, with Alternating Feet

TUMBLING AND PLAY

- Do a Somersat
- Do a Log Roll
- Pump on a Swing Independently
- Climb a Playground/Slide Ladder
- Throw a Ball with Some Accuracy