

Milestones of Motor Development

- 5-8 Months: Sitting
- 8-11 Months: Crawling
- 12-15 Months: Walking
- 2 years: kicks ball, runs, up/down steps
- 2-3 years: stands on one foot, jumps
- 3-5 years: catches and throws ball, climbs, skips and hops
- 5-7 yrs.: Catches & throws small ball, stands on one foot 10 seconds.

