

## Information Regarding Physical Therapy and Motor Milestones

### **Physical Therapy:**

School-based physical therapists address the needs of students whose physical disability, motor deficit and/or developmental delay interferes with the learning process and physical management of the school environment (for preschool this includes play).

### **Gross motor:**

Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling, and other activities including balance and coordination skills.

### **What are developmental milestones?**

*Developmental milestones* are a set of functional skills or age-specific tasks that most children can do at a certain age range. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique!

### **By 3 years of age (36 months and before)**

- Throw a ball overhand and underhand (3-5 feet)
- Try to catch a large ball (8-inch)
- Walk up steps, alternating feet (with railing or one hand held)
- Walk on tiptoes (may need demonstration)
- Walk in a straight line
- Walk backwards and sideways
- Kick a ball forward
- Bends over easily without falling
- Jump with both feet over object on floor (as well as broad jump)
- Stand on one foot for 3 seconds

### **By 4 years of age (48 months and before)**

- Climbs well
- Walks up and down stairs, alternating feet (with or without railing)
- Runs easily
- Catch a bounced ball (8-inch)
- Throw tennis ball to a target 5-feet away
- Hops on one foot
- Beginning to gallop
- Walks on a line
- Stand on one foot for 5 seconds
- Swing – beginning to start and keep momentum going
- Pedals tricycle

### **By 5 years of age (60 months and before)**

- Up and down the stairs alternating feet without the railing
- Moves forward and backward with agility
- Catch a tennis ball (from 5 foot distance)
- Begin to use opposition with throwing and kicking (throw with one hand and step forward with opposite foot)
- Galloping
- Beginning to skip
- Walks on a line backwards
- Stand on one foot for 8 seconds

### **By 6 years of age (72 months and before)**

- Stands on one foot for 10 seconds or longer
- Hops, somersaults
- Swings, climbs
- Skips
- Beginning sit-ups and push-ups
- Walks on balance beam
- Beginning to jump rope
- Runs with good speed demonstrating quick turns and stops

### **References:**

American Academy of Pediatrics

National Network for Child Care – NNCC. “Developmental Milestones: A guide for parents.”

Idonline.org

Peabody Developmental Motor Scales-2