

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 skills include:

Age	Typical Developmental Stages
0 – 2 months	<ul style="list-style-type: none"> Raising head slightly when on stomach Holding head up momentarily, with support
3 – 5 months	<ul style="list-style-type: none"> Bouncing when standing with support Rolling around
6 – 8 months	<ul style="list-style-type: none"> Getting on hands and knees into a crawling position Standing with support.
9 – 11 months	<ul style="list-style-type: none"> Sitting unsupported for several minutes Starting to crawl or creep along on tummy
12 – 15 months	<ul style="list-style-type: none"> Standing and walking independently, without support Starting to run
16 – 18 months	<ul style="list-style-type: none"> Running stiffly Walking up one step at a time with hand held or using railing
24 – 29 months	<ul style="list-style-type: none"> Running well Walking up and down stairs, with support
3 years	<ul style="list-style-type: none"> Walking upstairs with alternating feet and downstairs with two feet to a step Peddalling on tricycle Catching ball using body
4 years	<ul style="list-style-type: none"> Catching a bounced ball Hopping forward
5-6 years	<ul style="list-style-type: none"> Catching small ball with two hands Standing on one foot for 10 seconds Hopping 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 stiff or floppy muscles

12 months

- prefers one position such as to only sit or only stand
- 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
- has difficulties with using playground equipment

5 – 6 years

- has 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 serious and many late developing children do eventually catch up with their motor skills. Early intervention is 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 www.fabic.com.au or contact us on 07 5530 5099.