

Physical Development Checklist

Gross Motor Skills

Child's Name _____

Date _____

Date of Birth _____

Skill or Behavior	Date Behavior Appears	Comments
Walks up and down stairs	_____	_____
Walks up stairs one foot on each step	_____	_____
Stands on one foot	_____	_____
Can walk forward with eyes closed	_____	_____
Can walk backwards	_____	_____
Stands and walks on tiptoes	_____	_____
Can climb a ladder	_____	_____
Can jump	_____	_____
Can hop on one foot	_____	_____
Can skip	_____	_____
Can push a wagon	_____	_____
Can ride a tricycle	_____	_____
Can walk a 4" balance beam	_____	_____
Can kick a ball	_____	_____
Can bounce a ball	_____	_____
Can catch a ball	_____	_____
Can throw a ball	_____	_____
Keeps time with music by clapping, etc.	_____	_____