

Age	Skill	Yes	No
3-4 years			
	Transitioning into different positions (e.g. sitting, all fours, lying on tummy).		
	Imitating an adult standing on one foot.		
	Imitating simple bilateral movements of limbs (e.g. arms up together).		
	Running with control.		
	Climbing onto/down from furniture without assistance.		
	Climbing on jungle gym and ladders.		
	Pedalling a tricycle.		
	Changing direction while walking.		
	Walking up and down stairs with alternating feet.		
	Jumping with two feet together 5 times in a row.		
	Walking on tip toes.		
	Picking up toys from the floor without falling over.		
	Throwing objects with an overarm action at a target.		
	Rolling a ball.		
	Catching a ball (using the whole body, not just arms).		

Checklist was created using information from [Kid Sense Gross Motor Development Checklist](https://childdevelopment.com.au/resources/child-development-charts/gross-motor-developmental-checklist/).  
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Age	Skill	Yes	No
4-5 years			
	Standing on one foot for up to 5 seconds.		
	Imitating simple bilateral movements of limbs (e.g. arms up together).		
	Walking up and down stairs with alternating feet.		
	Climbing onto/down from furniture without assistance.		
	Climbing on jungle gym and ladders.		
	Pedalling a tricycle.		
	Kicking a ball forwards.		
	Throwing a ball overarm.		
	Catching a ball that has been bounced.		
	Catching a ball with hands instead of using arms and body.		
	Running around obstacles.		
	Jumping 10 times in a row, maintaining the distance of jumps.		
	Walking on tip toes.		
	Walking along a line.		
	Safely performing a forward roll.		
	Hopping on one foot.		
	Jumping over an object and landing with both feet together.		

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Age	Skill	Yes	No
5-6 years			
	Standing on one foot for 10 seconds.		
	Kicking a ball.		
	Walking up stairs while holding an object.		
	Walking backwards heel-toe.		
	Jumping forwards 10 times without falling.		
	Skipping forward after demonstration.		
	Running around obstacles.		
	Hanging from a bar for at least 5 seconds.		
	Stepping forward with leg on same side as throwing arm when throwing a ball.		
	Walking along a line.		
	Hopping on one foot.		
	Safely performing a forward roll.		
	Catching a small ball using hands only.		
	Jumping over an object and landing with both feet together.		

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Age	Skill	Yes	No
6-7 years			
	Running smoothly with arms opposing legs and a narrow base of support (feet not too far apart).		
	Running around obstacles while maintaining balance.		
	Standing on one foot for at least 10 seconds.		
	Skipping forward without demonstration.		
	Stepping forward with leg on opposite side as throwing arm when throwing a ball.		
	Kicking a soccer ball with reasonable accuracy.		
	Walking backwards heel-toe.		
	Walking on a balance beam.		
	Hanging from a bar for at least 10 seconds.		
	Holding and moving across monkey bars without support.		
	Using a skipping rope.		
	Hopping on 1 foot.		
	Jumping forwards with both feet together.		
	Safely performing a forward roll.		
	Catching a small ball using hands only.		
	Jumping over an object and landing with both feet together.		
	Riding a bike without training wheels.		

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Age	Skill	Yes	No
7-8 years			
	Holding and moving across monkey bars without support.		
	Safely performing a forward roll.		
	Running smoothly with arms opposing legs and a narrow base of support (feet not too far apart).		
	Running around obstacles while maintaining balance.		
	Stepping forward with leg on opposite side as throwing arm when throwing a ball.		
	Kicking a soccer ball with reasonable accuracy.		
	Kicking a football with reasonable accuracy and consistency.		
	Jumping over an object and landing with both feet together.		
	Catching a small ball using hands only.		
	Walking on a balance beam.		
	Walking backwards heel-toe.		
	Standing and maintaining balance on one foot.		
	Using a skipping rope.		
	Hopping on one foot.		
	Riding a bike.		

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