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## **Gross Motor Milestones**

### **24-36 Months**

#### **24-30 Months**

- Takes a few steps while on tiptoes
- Jumps off floor with both feet
- Stands on one foot for a few seconds
- Jumps off the last stair
- Walks up stairs with alternating feet with support
- Goes up and down slide
- Catches a large ball
- Rides a tricycle

#### **30-36 Months**

- Hops on one foot
- Runs on toes
- Walks up and down stairs without support and with alternating feet
- Pedals tricycle
- Kicks large ball in a somewhat straight line
- Jumps on trampoline without support
- Lands on both feet when jumping
- Walks along a balance beam
- Walks in a straight line
- Avoids obstacles when walking

#### **Red Flags**

- Frequent falling and difficulty with stairs
- Unable to walk or jump
- Toe walking

*\*\*If your child does not meet most of these milestones by 36 months, consider scheduling a physical therapy evaluation.*