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Gross Motor Milestones

3-4 Years

- Stands on one foot for 5 seconds
- Stands on tiptoes for 3 seconds
- Runs 45 feet in 6 seconds
- Jumps forward 26 inches
- Walks along a straight line for 8 feet without stepping off
- Walks up and down stairs using alternating steps
- Hops on one foot
- Can run and stop on command within 2 steps without falling
- Throws a ball forward with arms overhead
- Catches a ball with arms bent most of the time

Red Flags

- Cannot ride a tricycle
- Not able to catch, throw, or kick a ball

***If your child does not meet most of these milestones by 4 years old, consider scheduling a physical therapy evaluation.*