



**Address:** 422 N Northwest Hwy #210,

Park Ridge, IL 60068

**Email:** referral@atmfc.com

**Phone:** (847) 699-9757

## **Gross Motor Milestones**

### **4-5 Years**

- Stands on one foot for 10 seconds or longer
- Can complete 3 sit-ups in 30 seconds
- Hops forward on one foot
- Can walk backwards on a line for 5 steps
- Can roll forward
- Gallops
- Skips

### **Red Flags**

- Not able to walk, run, or climb stairs confidently and independently

*\*\*If your child does not meet most of these milestones by 5 years old, consider scheduling a physical therapy evaluation.*