



# SEKOLAH SEMANGAT MAJU

JKR 256, JALAN HANG JEBAT

34000 TAIPING, PERAK

TEL: 05-8061790 FAKS : 05-8077614

## DEVELOPMENT ASSESSMENT GROSS MOTOR SKILLS

	0 - 6 MONTHS	DATE			
1	Lifts head when lying on tummy				
2	Attempts to lift head when pulled to sit				
3	Holds head steady when pulled to sit				
4	Lifts head and shoulders when lying on tummy				
5	Rolls from tummy to back				
6	Bears some weight when held in standing				
7	Props self on arms and reaches for a toy				
8	No head lag when pulled to sit				
9	Rolls back to tummy				
10	Turns around a circle when lying on tummy				

	7 - 12 MONTHS	DATE			
11	Sits by self for 1 minutes				
12	Stands holding on to furniture				
13	Commando crawling - pulls self along with arms				
14	Gets up from lying to sitting				
15	Gets up from lying to crawling position				
16	Crawls on hands and knees				
17	Pulls self to stand				
18	Walks around furniture				
19	Walks with 2 hands held				
20	Stands alone for 10 seconds				

	13 - 18 MONTHS	DATE			
21	Walks well with one hand held				
22	Crawls upstairs				
23	Walks independently				
24	Walks upstairs hand held or holding rail				
25	Crawls downstairs				

	19 - 24 MONTHS	DATE			
26	Stop and picks up a toy from the floor				
27	Can kick a stationary ball				
28	Can run 20 feet				
29	Walks downstairs hand held or holding rail				
30	Jumps up and down two feet together				

COMMENTS : \_\_\_\_\_  
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	2 - 3 YEARS	DATE			
31	Pedals a tricycle 6 feet				
32	Jumps from a step				
33	Walks on tip toes 5 steps				
34	Completes a forward somersault with help				
35	Throws a ball overhead				
36	Stands on 1 foot for 5 second				

	3 - 4 YEARS	DATE			
37	Walks upstairs in an adult manner (alternating feet)				
38	Walks downstairs in an adult manner (alternating feet)				
39	Jumps forward 1 foot				
40	Walks along a line alternating feet				
41	Runs well				
42	Throws a ball underhand				
43	Catches a ball with 2 hands				
44	Completes a forward somersault				
45	Ride a tricycle well around corners & obstacles				
46	Walks along a 6 - 9" wide board, 6" off the ground				

	4 - 5 YEARS	DATE			
47	Catches a small ball (tennis ball) from 5 - 6 feet				
48	Hits a tennis ball with a bat				
49	Runs and kicks a moving ball				
50	Jumps over a 6" high rope				
51	Hops on one foot 5 steps				
52	Bounces & catches a large ball (10-12")				
53	Jumps forward 10 times without falling				

	5 - 6 YEARS	DATE			
54	Able to skip				
55	Swing on a swing, starting & sustaining the motion				
56	Climbs 10 steps of a ladder				
57	Catches a tennis ball with one hand				

COMMENTS : \_\_\_\_\_  
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