

Expected PreSchool Motor Levels

By 36 months/3 years old:

Balance on one foot for 3 seconds

Placing one or both feet on each step, walks up and down 4 steps without support

Jump 24 inches forward, taking off from and landing on both feet at the same time

Catch the 8" ball from a 5' distance with arms extended

Kick the 8" ball so it travels at least 6' forward

Move their arm up and back to throw a 2" ball 7 feet forward in an overhand manner

By 48 months/4 years old:

Balance on one foot for 5 seconds

Placing one foot on each step, walks up and down 4 steps without support

Jump 30 inches forward, taking off from and landing on both feet at the same time

Hop 5 times on one foot; both sides

Runs with arms moving back and forth across the body, pushing forward from balls of feet

Catches the 8" ball from 5' away using hands (securing it to the chest if necessary)

Using trunk rotation, throws the 2" ball 10' forward with arms and legs moving in opposition

By 60 months/5 years old:

Balance on one foot for 10 seconds

Completes a forward roll

Jumps 36" forward, taking off from and landing on both feet at the same time

Gallops 10' forward and Skips 8 steps with alternating feet

Catch the 8" ball from a 5' distance using only the hands

From 12' away, throws a 2" ball overhand to hit a 24" target in 2:3 trials