



# Young Children's Physical Skills

Below is a chart describing physical skills young children may have at different ages and stages.

Age	children may
<b>2 to 3</b> YEARS	<ul style="list-style-type: none"> <li>■ walk up and down stairs; jump off one step</li> <li>■ kick a ball</li> <li>■ stand and walk on tiptoe</li> <li>■ run; dodge</li> </ul>
<b>3 to 4</b> YEARS	<ul style="list-style-type: none"> <li>■ walk backward and forward unself-consciously; turn and stop well</li> <li>■ jump off low steps or objects, but find it hard to jump over objects</li> <li>■ begin to ride trikes and pump on swings</li> <li>■ stand on one foot unsteadily; balance with difficulty on low four-inch-wide balance beam while watching their feet</li> <li>■ play actively, but tire suddenly</li> </ul>
<b>4 to 5</b> YEARS	<ul style="list-style-type: none"> <li>■ skip unevenly; run well</li> <li>■ stand on one foot for five seconds or more; master the low balance beam</li> <li>■ alternate feet when walking down stairs; judge well when placing feet on climbing structures</li> <li>■ jump on a small trampoline</li> <li>■ show awareness of things in surrounding environment, such as cars on streets, but still need supervision and help protecting self</li> <li>■ have increased endurance in play</li> </ul>
<b>5 to 6</b> YEARS	<ul style="list-style-type: none"> <li>■ walk backward quickly; skip and run with agility and speed</li> <li>■ incorporate motor skills into games</li> <li>■ walk a two-inch balance beam easily; jump over objects</li> <li>■ hop well; jump down several steps; jump rope</li> <li>■ climb well; coordinate movements for swimming or bike riding</li> <li>■ show uneven perceptual judgment</li> <li>■ have high energy levels in play and rarely show signs of fatigue; find inactivity difficult and seek active games and environments</li> </ul>
<b>6+</b> YEARS	<ul style="list-style-type: none"> <li>■ have increased coordination for catching and throwing</li> <li>■ be able to participate in active games with rules</li> <li>■ sequence motor activities, as with gymnastics or shooting baskets</li> <li>■ have improved reaction time in responding to things like thrown balls</li> </ul>

