## Young Children’s Physical Skills

<table>
<thead>
<tr>
<th>Age</th>
<th>Typical Skills</th>
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| 2–3 | A child may:  
- walk up and down stairs; jump off one step;  
- kick a ball;  
- stand and walk on tiptoe;  
- run; dodge. |
| 3–4 | A child may:  
- walk unself-consciously, backward and forward; turn and stop well;  
- jump off low steps or objects, but find it hard to jump over objects;  
- begin to ride trikes and pump on swings;  
- stand on one foot unsteadily; balance with difficulty on low 4-inch-wide balance beam, watching feet;  
- play actively, but tire suddenly. |
| 4–5 | A child may:  
- skip unevenly; run well;  
- stand on one foot for five seconds or more; master the low balance beam;  
- alternate feet when walking down stairs; judge well when placing feet on climbing structures;  
- jump on a small trampoline;  
- show awareness of things in environment, such as cars on streets, but needs supervision and help protecting self;  
- have increased endurance in play, but needs intakes of water and food. |
| 5–6 | A child may:  
- walk backward quickly; skip and run with agility and speed;  
- incorporate motor skills into games;  
- walk a 2-inch balance beam easily; jump over objects;  
- hop well; jump down several steps; jump rope;  
- climb well; coordinate movements for swimming or bike riding;  
- show uneven perceptual judgment;  
- show high energy levels in play; rarely fatigue; find inactivity difficult and seek active games and environments. |
| 6+  | A child may:  
- have increased coordination for catching and throwing;  
- be able to participate in active games with rules;  
- sequence motor activities, for gymnastics, shooting baskets;  
- have improved reaction time in responding to thrown balls or oncoming vehicles. |