

Young Children's Physical Skills

Age	Typical Skills
2-3	<p>A child may:</p> <ul style="list-style-type: none"> › walk up and down stairs; jump off one step; › kick a ball; › stand and walk on tiptoe; › run; dodge.
3-4	<p>A child may:</p> <ul style="list-style-type: none"> › 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	<p>A child may:</p> <ul style="list-style-type: none"> › 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	<p>A child may:</p> <ul style="list-style-type: none"> › 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+	<p>A child may:</p> <ul style="list-style-type: none"> › 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.