

PHYSICAL DEVELOPMENT CHECKLIST

(The Frost-Wortham Developmental Checklist)
 Gross and Fine Motor

_____ Colored Pen Date _____
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Motor Development: Preschool (Gross Movement)

Level III (approx. age 3)	Introduced	Progress	Mastery
1. Catches a ball with both hands against the chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Rides a tricycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Hops on both feet several times without assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Throws a ball five feet with accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Climbs up a slide and comes down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Climbs by alternating feet and holding on to a handrail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Stands on one foot and balances briefly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Pushes a loaded wheelbarrow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Runs freely with little stumbling or falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Builds a tower with nine or ten blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level IV (approx. age 4)	Introduced	Progress	Mastery
1. Balances on one foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Walks a straight line forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Walks a balance beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Climbs steps with alternate feet without support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Climbs on a jungle gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Skips haltingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Throws, catches, and bounces a large ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Stacks blocks vertically and horizontally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Creates recognizable block structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Rides a tricycle with speed and skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level V (approx. age 5)	Introduced	Progress	Mastery
1. Catches and throws a small ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Bounces and catches a small ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Skips on either foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Skips rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Hops on one foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Creates Tinkertoy and block structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Hammers and saws with some skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Walks a balance beam forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Descends stairs by alternating feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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PHYSICAL DEVELOPMENT CHECKLIST (continued)

Motor Development: Preschool (Fine Movement)

Level III (approx. age 3)	Introduced	Progress	Mastery
1. Places small pegs in pegboards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Holds a paintbrush or pencil with the whole hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Eats with a spoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Buttons large buttons on his or her own clothes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Puts on coat unassisted	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Strings bead with ease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Hammers a pound toy with accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Works a three- or four-piece puzzle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level IV (approx. age 4)	Introduced	Progress	Mastery
1. Pounds and rolls clay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Puts together a five-piece puzzle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Forms a pegboard design	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Cuts with scissors haltingly and pastes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Eats with a fork correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Holds a cup with one hand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Puts a coat on a hanger or hook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Manipulates large crayons and brushes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Buttons and zips zippers haltingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level V (approx. age 5)	Introduced	Progress	Mastery
1. Cuts and pastes creative designs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Forms a variety of pegboard designs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Buttons buttons, zips zippers, and ties shoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Creates recognizable objects with clay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Uses the toilet independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Eats independently with a knife and fork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Dresses and undresses independently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Holds and manipulates pencils, crayons, and brushes of various sizes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Combs and brushes hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Works a twelve-piece puzzle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>