

# Stages of Motor Development

- Stage 1. From 4 to 8 months a baby starts to roll over; back to front and front to back. He will “ootch” forward, crawls and then sits up. Around 8 to 12 months a baby will start to pull up, hold onto things and, while ambling around the edge of an object, balance himself by holding on. There are many failed attempts where the baby falls to his backside. After these opening moves, the baby starts standing alone. Walking comes next with a few small steps and then, a few more. Climbing on things to obtain higher ground comes next. Once the walking is mastered, a child will push and pull objects (4 months to 1-year old).
- Stage 2. A child will stand with feet and arms apart for balance. She can bend over, climb small objects, kick a large ball without falling, and throw things but not with aim. She stacks things up and knocks them down; drags, pushes, pulls, and carries toys. She is able to sit a wheeled toy and push with her feet to move (1- to 3-year olds).
- Stage 3. A child may have difficulty with independent limb movement but shows wide flexibility in his range of joints. He walks with automatic gait, runs with increased smoothness, walks on a balance board, balances on one foot (for a moment), alternates feet when walking up stairs, jumps off a low box with both feet together, throws an object with total body involvement, catches an object thrown directly into stiff outstretched arms, and shows readiness for tricycle (3- and 4-year olds).
- Stage 4. The child controls independent movement of limbs, shows increased spatial orientation, has a near adult-style walking gait, shows increased smoothness when running, turns corners quickly, accelerates, decelerates and stops the running motion, begins alternating feet while walking on a balance board, begins mastery of galloping skills, throws with arm only, relaxes arms as he moves to catch an approaching object, and begins to control a bouncing ball (4- and 5-year olds).
- Stage 5. The child shows increased control of fine movements of the hand and fingers, has increased endurance, uses running skills in play activities, has improved motion balance, has refined climbing skills, skips, gallops and jumps with smoothness, attempts to master hopping with increased sense of balance, shows rapid improvement in throwing skills, begins to move body to catch an object, begins to control a bouncing ball with one hand, shows increased leg backswing, follows-through and shows appropriate trunk rotation when kicking (4-, 5-, and 6-year olds)