



# Preschool Gross Motor Development

A Guide to Gross Motor Development (Ages 3-5)

## WHY DOES IT MATTER?

- Confidence: Mastering physical challenges makes kids feel capable.
- Brain Boosting: Movements that cross the center of the body (like throwing) help both sides of the brain communicate, which helps with later skills like reading!
- Social Play: Many playground games require these skills to join in with friends.
- School Readiness: A strong core helps children sit upright at circle time or a desk without getting tired.

## MILESTONE MOMENTS: WHAT TO LOOK FOR

THE THRIVING THREE-YEAR-OLD At age 3, children are getting steadier on their feet.

- Jumps with two feet together.
- Walks up and down stairs alternating feet (one foot per step).
- Pedals a tricycle.
- Balances on one foot for brief seconds.

THE FABULOUS FOUR-YEAR-OLD At age 4, coordination and speed improve significantly.

- Stops on one foot (like a flamingo!).
- Throws a ball overhand and catches a bounced ball.
- Runs smoothly with control over speed and turns.
- Walks backward easily.

THE FANTASTIC FIVE-YEAR-OLD At age 5, movements become more complex and rhythmic.

- Skips using alternating feet.
- Can swing and climb on playground equipment independently.
- Stands on one foot for 10 seconds or more.
- Begins to jump rope.