







	Months	Gross Motor
Seeds 	0-12	<ul style="list-style-type: none">• Makes smooth movements with arms and legs, which gradually become more controlled• Presses down foot/straightens body when held standing on a hard surface• Lifts head clear off ground. When lying on tummy, lifts head up and uses forearms to support• Sits with support (such as, cushions) and when held by an adult• Stretches out with one hand to grasp offered toy• Sits unsupported on the floor, leaving hands free to manipulate objects with both hands• Can move from a sitting position to hands and knees (crawl position)• Pulls to standing from crawling, holding on to furniture or person for support• Lifts items to mouth to orally explore them• Can reach and grasp a moving object by moving towards where the object will go• Picks up larger objects: for example, teddy or a ball
	12-24	<ul style="list-style-type: none">• Starts to throw and release objects over arm• Walks around furniture lifting one foot and stepping sideways (cruising)• Walks with one or two hands held by adult• Takes first few steps: feet wide apart, uneven steps, arms raised for balance• Fits them self into spaces, such as tunnels, dens, and large boxes, and moves around in them• Comes downstairs backwards on knees (crawling) or slides on bottom• Starts walking independently on firm surfaces and later on uneven surfaces• Sits on small tricycle, moving it with feet pushing against the floor• Can kick a large ball• Runs safely on whole foot, stopping and starting easily• Squats steadily to rest or play with object on the ground and rises to feet without using hands• Walks upstairs facing forwards holding rail or hand of adult, with both feet onto a step at a time
Sprouts 	24-36	<ul style="list-style-type: none">• Pushes and pulls large toys, such as prams, but has difficulty steering around obstacles• Climbs play climbing equipment with confidence and increasing skill• Begins to walk, run, and climb on different levels and surfaces• Walks upstairs independently using banister rail or wall for support• Can walk considerable distances with purpose• Sits confidently on a chair with both feet on the ground• Kicks a stationary ball with either foot with increasing force and accuracy• Rides tricycle using pedals• Climbs up and downstairs by placing both feet on each step while holding handrail for support• Walks downstairs safely, two feet to each step while carrying a toy• Can balance on one foot or in a squat momentarily, shifting body weight to improve stability



	36-48	<ul style="list-style-type: none">• Spins self, rolls, and independently use ropes and swings.• May be beginning to show preference for dominant hand and/or leg/foot• Runs with spatial awareness and negotiates space successfully, adjusting speed or direction to avoid obstacles• Can grasp and release with two hands to throw and catch a large ball, beanbag or an object• Climbs stairs and steps (using alternate feet, one step at a time), and moves across climbing equipment, maintaining balance using hands and body to stabilise• Uses large-muscle movements to wave flags and streamers, paint and make marks• Jumps off an object and lands appropriately using hands, arms, and body to stabilise and balance• Experiments with different ways of moving, testing out ideas and adapting movements to reduce risk (e.g. <i>decides if they will crawl, walk, or run across a plank depending on its width/length</i>)
Seedlings 	48-60	<ul style="list-style-type: none">• Shows increasing control over an object in pushing, patting, throwing, catching, or kicking it• Travels around, under, over, and through balancing and climbing equipment with confidence• Progress towards a more fluent style of moving with developing control and grace (e.g. <i>crawling, walking, jumping</i>)• Uses their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor• Confidently and safely uses a range of large and small apparatus indoors and outside, alone and in a group• Develops confidence, competence, and accuracy when engaging in activities that involve a ball, including throwing, catching, kicking, passing, batting and aiming
Saplings 	ELG	<ul style="list-style-type: none">• Negotiate space and obstacles safely, with consideration for themselves and others• Demonstrate strength, balance, and co-ordination when playing• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing