## GROSS MOTOR

<table>
<thead>
<tr>
<th>LEVEL</th>
<th>AGE</th>
<th>COMPONENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Supine</td>
</tr>
</tbody>
</table>
| 1     | 1 MONTH | - Head to 1 side  
- Arm & leg on face side  
outstretched  
+ head lag | - Head in line with  
body  
- Hips semi extended | - Head sideways  
- Arms & legs flexed  
- Buttocks high | - Automatic walking |
|       | 3 MONTHS | - Head in midline  
- Legs kicking  
- Little/no head lag  
- Back straight except lumbar curve | - Head above line of  
body  
- Hips and shoulders extended | - Lifts head & upper  
chest using forearm to support  
- Buttocks flat | - Sagging at the knee |
|       | 6 MONTHS | - Rolls both way  
- Lift legs & grasp feet  
- Raise head from pillow  
- Braces shoulders n pulls self to sit when hands held  
- Sit with support | - Downward parachute reflex | - Lifts head and chest  
supporting on arms and  
flats palms | - Weight bearing |

### Mobile phase

<table>
<thead>
<tr>
<th>9 MONTHS</th>
<th>Moves</th>
<th>Sitting</th>
<th>Standing</th>
<th>Others</th>
</tr>
</thead>
</table>
| Rolling  | • Unsupported >10 mins  
• Can lean forward & turn body sideways without falling | • Pulls to stand from supine  
• Pulls to stand and sit down with support  
• Stands alone for few seconds | - Forward parachute from 7 months |
| Squirming | • Attempts to crawl  
• When held, steps with alternate feet | | |
| Attempts to crawl | | | |
| When held, steps with alternate feet | | | |

<table>
<thead>
<tr>
<th>12 MONTHS</th>
<th>Moves</th>
<th>Toys</th>
<th>Stairs</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cruising</td>
<td>• Rise to sitting from supine</td>
<td>• Crawls upstairs and comes down backwards</td>
<td>• Kneels unaided</td>
<td></td>
</tr>
<tr>
<td>Crawling, bottom shuffling, creeping or bear walking</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Highly mobile phase

<table>
<thead>
<tr>
<th>15 MONTHS</th>
<th>Moves</th>
<th>Toys</th>
<th>Stairs</th>
<th>Others</th>
</tr>
</thead>
</table>
| Walks alone, feet wide, arms up, often falls, bumps into furniture  
• Stands from sitting w/out support | • Push & pulls large toys  
• Carries objects when walking | • Walks upstairs, hand held, tow feet at a time, comes down on bottom | • Climbs into adult chair  
• Squats and stands using hand | |

<table>
<thead>
<tr>
<th>18 MONTHS</th>
<th>Moves</th>
<th>Toys</th>
<th>Stairs</th>
<th>Others</th>
</tr>
</thead>
</table>
| Walks well with arms down  
• Start n stop safely  
• Runs carefully, but cannot avoid obstacle | • Walks up and downstairs tow feet holdingrail | | |

| 2 YEARS | |
|---------| |
| Runs avoiding obstacle | • Walks forwards n backward with a toy pulled with string  
• Throw small ball  
• Pushes tricycle with feet | | |