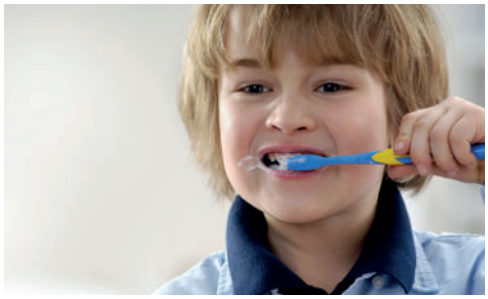
Key Area: Movement and Motor

Fine and Gross Motor Developmental Milestones

Now that I am 5 years old... I should be able to:



Tips for Home

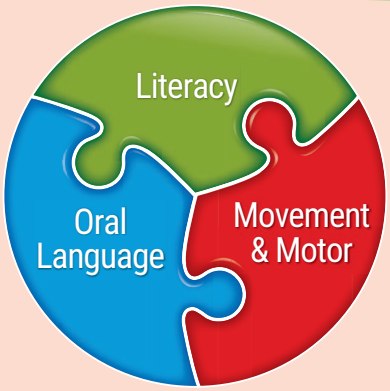
- Have your child help with household chores, e.g. setting the table, packing away toys, or putting clean crockery and cutlery away. It's great for matching and sorting.
- Encourage your child to be as independent as possible in dressing, eating and grooming (i.e. teeth brushing, hair brushing).
- Try and build some table activity time into your day such as drawing, cutting and gluing. Use a wide variety of materials, and writing implements to keep it interesting.
- Grab a ball and throw it, kick it, bounce it and catch it!
- Play some outside games, e.g. skipping with a rope, races that involve hopping, skipping, jumping, running, balancing.
- Join in activities with your child. It is more fun to play together.

Causes For Concern

- Avoids or has difficulty with hand activities, e.g. drawing, puzzles, scissor use.
- Difficulties with dressing or eating.
- Stumbles or falls frequently or often bumps into people or objects.
- Has trouble keeping their eyes on what they are doing.
- Avoids or dislikes messy play or unexpected touch.
- Seems very busy and isn't able to calm or quiet self.
- Avoids or dislikes equipment that is fast moving or off the ground, e.g. swings, roundabouts.
- Difficulty matching colours, sizes and shapes.

Should you have any concerns about your child's movement or motor development, consult an Occupational Therapist.

Use My Body



- To pedal a small trike around objects and make U turns
- Run around obstacles and turn corners with speed
- Walk up and down stairs with alternate feet
- Begin to bounce a large ball
- Balance on one foot for the count of 10
- Walk on tip toe
- Walk backwards
- Begin to jump rope
- Hop on one foot for several hops
- Balance on a wide beam
- Begin to skip on one foot
- Catch and throw a beanbag

Use My Hands

- Use my pencil to draw a person and some simple objects
- Fasten small buttons and use a zipper
- Cut out large shapes with scissors
- Screw and unscrew lids, nuts and bolts
- Cut my food with a knife
- Brush my own teeth
- Colour in a simple picture

Make Sense of the World

- Know most of my colours
- Use my eyes to follow moving objects
- Count up to 10 objects aloud
- Feel objects without looking and can identify simple shapes and objects
- Copy simple patterns
- Differentiate differences in size
- Complete an unfinished drawing
- Start to notice when something is missing

PLD's programs that develop the above skills can be viewed by searching the codes: Mprd, Mcs4, Mlff/Mlfc, DSY1f/DSY1c, DSS1f/DSS1c on

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