# Is My Child on Track?

# Ages 2-10

## Motor Milestones & Functional Skills

### Age 2 — Toddler

**Gross Motor (PT)**
- Runs
- Kicks a ball
- Jumps with both feet

**Fine Motor (OT)**
- Stacks 4-6 blocks
- Scribbles
- Turns pages

**Functional Skills**
- Drinks from a cup
- Uses a spoon

### Age 3 — Pre-K

**Gross Motor (PT)**
- Rides tricycle
- Hops on 1 foot
- Alternates feet on stairs

**Fine Motor (OT)**
- Copies a circle
- Uses scissors
- Strings beads

**Functional Skills**
- Dresses with help
- Washes hands

### Age 4 — Pre-K

**Gross Motor (PT)**
- Catches a ball
- Balances on 1 foot
- for 5 sec, Gallops

**Fine Motor (OT)**
- Copies a cross & square
- Holds pencil with 3 fingers
- Buttons

**Functional Skills**
- Pours liquid
- Uses a fork

### Age 5 — Kinder

**Gross Motor (PT)**
- Kicks accurately
- Skips
- Hops on 1 foot

**Fine Motor (OT)**
- Writes name
- Cuts on a line
- Attempts to tie shoe

**Functional Skills**
- Dresses independently
- Zips jacket

### Age 6 — 1st Grade

**Gross Motor (PT)**
- Rides bike
- Jumps rope, Runs
- Kicks/ throws accurately

**Fine Motor (OT)**
- Writes letters & numbers
- Colors within lines
- Uses ruler

**Functional Skills**
- Drinks from a cup
- Uses a spoon

### Age 7 — 2nd Grade

**Gross Motor (PT)**
- Skips rope
- Balances on 1 foot
- Throws overhand

**Fine Motor (OT)**
- Writes with consistent sizing
- Cuts complex shapes
- Draws details

**Functional Skills**
- Buttons/zips independently
- Packs backpack

### Age 8 — 3rd Grade

**Gross Motor (PT)**
- Catches small balls consistently
- Pumps legs on swing
- Cartwheels

**Fine Motor (OT)**
- Legible handwriting
- Uses keyboard
- Detailed drawings

**Functional Skills**
- Manages morning routine indepently
- Organizes school materials

### Age 9 — 4th Grade

**Gross Motor (PT)**
- Dribbles & passes ball
- Balances on 1 foot for 10 sec with eyes closed

**Fine Motor (OT)**
- Precise cutting
- Builds complex models with small components

**Functional Skills**
- Plans & completes multi-step tasks
- Manages hygiene independently

### Age 10 — 5th Grade

**Gross Motor (PT)**
- Complex moves on team sports
- Controlled landings & direction changes

**Fine Motor (OT)**
- Detailed artwork
- Typing proficiency
- Fine tool use

**Functional Skills**
- Full self-care independence
- Manages time and belongings
- Participates in chores reliably

moving + grooving PEDIATRIC PHYSICAL THERAPY

**Click Here to Learn More!**

If your child isn't meeting their milestones, come to Moving & Grooving PT in order to get back on track, build up confidence and to have better success... in and out of school!