

# PHYSICAL DEVELOPMENT CHECKLIST

(The Frost-Worthington Developmental Checklist)

Gross and Fine Motor

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## Motor Development: Preschool (Gross Movement)

### Level III (approx. age 3)

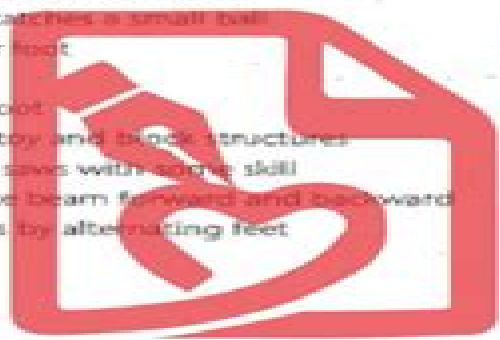
	Introduced	Progress	Mastery
1. Catches a ball with both hands against the chest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Rides a tricycle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Hops on both feet several times without assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Throws a ball five feet with accuracy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Climbs up a slide and comes down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Climbs by alternating feet and holding on to a handrail	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Stands on one foot and balances briefly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Pushes a loaded wheelbarrow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Runs freely with little stumbling or falling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Builds a tower with nine or ten blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Level IV (approx. age 4)

	Introduced	Progress	Mastery
1. Balances on one foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Walks a straight line forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Walks a balance beam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Climbs steps with alternate feet without support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Climbs on a jungle gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Skips haltingly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Throws, catches, and bounces a large ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Stacks blocks vertically and horizontally	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Creates recognizable block structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Rides a tricycle with speed and skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Level V (approx. age 5)

	Introduced	Progress	Mastery
1. Catches and throws a small ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Bounces and catches a small ball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Skips on either foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Skips rope	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Hops on one foot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Creates Tinkertoy and block structures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Hammers and saws with some skill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Walks a balance beam forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Descends stairs by alternating feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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# Gross Motor Skill Checklist

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