

Motor Skill Milestones

Fine Motor Skills

Fine motor skills refer to any tasks that involve hand-eye coordination or small finger movements (such as handwriting, building a sandcastle, threading beads, etc.). Fine motor coordination is a very important skill during early childhood, and is helpful for activities within the classroom.



Between the **ages- 3-4 years** your child may be learning to:

- Draw and colour within the lines
- Copy simple shapes, such as circles and squares
- Use scissors to cut straight lines
- Grip a pencil or crayon between their thumb and first two fingers

Between the **ages 4-5 years** your child may be learning to:

- Complete small jigsaw puzzles with about 10-12 pieces
- Use scissors to cut squares and triangles
- Use 2 hands together when handwriting. One to hold the paper still and the other to draw
- Copy their own first name
- Thread small beads on a piece of string
- Draw simple stick figures and may start to think about drawing a body.

Between the **ages 5-6 years** your child may be learning to:

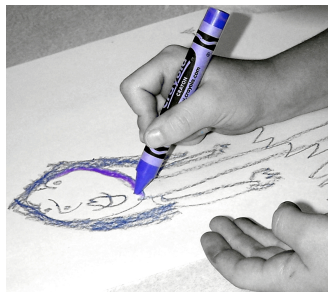
- Cut more precisely with scissors
- Copy their own first name using the writing style learnt at school
- Completes larger jigsaw puzzles with about 20 pieces
- Traces and begins to copy all letters of the alphabet
- Use fingertips to pick up tiny objects without dropping them



Fun Activities to do at Home

Listed below are some ideas for helping your child's fine motor skills to develop:

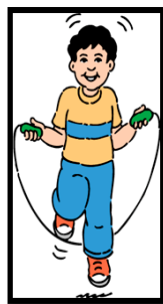
- **Make some play dough.** Ask your child to roll some "snakes" as thin as they can without letting them break. Alternatively, see how smooth they can make play dough balls!
- **Place a number of coins on the table.** Ask your child to pick up all the coins and separate them into groups of the same value or colour.
- **Thread some coloured beads** or buttons onto a piece of string or shoelace to create a necklace or friendship band!
- **Draw simple shapes** in one colour. Ask your child to trace over it using a different colour. Repeat with a different colour to complete a rainbow picture.



Motor Skill Milestones

Gross Motor Skills

This term refers to any task or activity that involves larger muscle groups for big movements (such as running, jumping, skipping, etc.). Gross motor ability is important for your child's sitting or standing posture and how they make and play with friends.



Between the **ages 3-4 years** your child may be learning to:

- Jump, climb and run
- Start to skip and hop
- Ride a tricycle
- Stand and balance for a short period of time on one foot without falling over
- Walk up a set of stairs with only one foot on each step

Between the **ages 4-5 years** your child may be learning to:

- Jump down from a high step approximately 50cm tall onto the ground
- Jump forward landing with both feet together
- Hop about 4-6 times in a row
- Climb on playground equipment
- Swing on monkey bars using their arms or legs
- Throw a ball to hit a target
- Skip for the length of a basketball court
- Walk down a set of stairs with only one foot on each step

Between the **ages 5-6 years** your child may be learning to:

- Catch a netball with both hands
- Kick a ball with accuracy
- Stand on one foot for about 8 seconds without falling over, then swap feet
- Hop for the length of half a basketball court

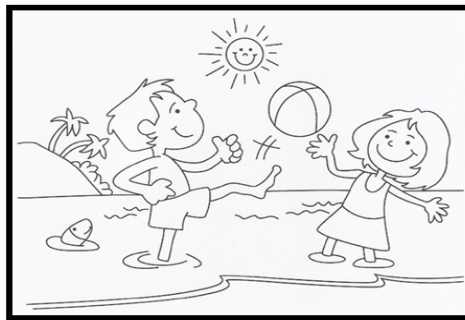
Fun Activities to do at Home

Listed below are some ideas for helping your child's gross motor skills develop:

- See how long you and your child can **tap a balloon** to each other without letting it touch the ground!
- **Practise throwing a ball** into an empty cardboard box. Begin by standing very close to the box, and take one step back each time as your child becomes more accurate.
- **Pretend to paint** the house using water and an old paintbrush!



- **What animal can you and your child be?** Practise walking around the yard like a dog (crawling on hands and knees) or a bear (walking on hands and feet) or hop like a bunny!
- How many **star jumps** can you and your child do in a row? Have a competition!



Please note that this pamphlet is a guide only, each child's development is different. This pamphlet was produced by Bethany's Healthy Active Children Project (HAC). HAC is funded by the Australian Government Department of Health and Ageing.