

# GROSS MOTOR SKILLS - CHECKLIST

The checklist below can be used to note the child's strengths and areas of concern. If a child appears to be 'clumsy' or uncoordinated it would be useful to speak with the SENCO to decide which would be the most appropriate activities to observe:

Child's name:	Date of observation:
How does the child crawl? Does s/he coordinate their arms & legs?	
How does the child sit on the floor? Can the child sit in a chair, back straight, feet flat on the floor?	
How does the child move from sitting to standing? How does the child use the stairs?	
How does the child move around the room, e.g. coordinated arms and legs?	
Does s/he avoid obstacles, bump into furniture or people?	
Can the child control their speed of movement, e.g. start / stop, slow / fast?	
How does the child use large apparatus, e.g. slide, stepping stones, tunnel? How does s/he use a trike?	
Can the child stand on one leg, hop, skip or jump?	
Can the child join in ring games, holding hands in a circle? Can the child catch and throw a ball?	

It may prove helpful to look at the sheets for Gross Motor Skills - Activities to Promote,,, Balance, Ball Skills, Coordination and Sequencing, Core Stability, Hopping, Jumping, Running, Skipping and Obstacle Course.