

<u>Sitting</u> Can you sit on a chair at meal time? Can you squat to play and rise without using hands?	<u>Jumping</u> Can you jump? Can you jump over a line? Can you jump off a low step with both feet at the same time?	<u>Walking and running</u> Can you take giant steps? Can you take small fairy steps? Can you run and change direction?	<u>Climbing</u> Can you climb up and down a ladder, for example at the playground or on a slide?
<u>Pedalling</u> Can you get on and off a trike on your own? Can you pedal a trike? Can you pedal a trike up a gentle slope?	Ranskill Primary School Little Owls Gross Motor Skills for 2 – 3 years		<u>Stretching</u> Can you wave a scarf up high, down low, just above the floor, high above your head? Can you either stand or sit on the floor, bend at the waist and touch your toes?
<u>Balance</u> Can you stand on one foot? Can you walk upstairs using alternating feet? Can you walk on tip toes? Can you walk along a plank on the floor?	<u>Throwing and Catching</u> Can you roll a ball? Can you throw a big ball? Can you throw a ball into a basket? Can you catch a balloon? Can you catch a big ball in your arms? Can you catch a bubble?	<u>Kicking</u> Can you kick a ball forwards? Can you kick your legs when swimming?	<u>Core Strength</u> Can you do a Superman Pose – lying on stomach and lifting arms and legs? Can you crawl with opposite hand and leg action through a tunnel?