



## Physical Development Checklist

3 ½ Years

### 41-42 months

- Stands on one foot with hands on hips for 5 seconds
- Walks 4 feet on a line with hands on hips
- Catches large ball hands only 5 feet (not using chest to trap the ball)
- Climbs down rock wall independently

### 43-44 months

- Stands on tiptoes with arms overhead for 3 seconds
- Walks downstairs without a rail using an alternating pattern
- Hops forward 6 inches on 1 foot
- Throws ball overhand to hit target from 5 feet

### 45-48 months

- Stands on one foot for 5 seconds
- Runs and stops within 2 steps
- Walks backwards on a line 4 feet with hands on hips
- Jumps forward 30 inches
- Hops 3-5 times on each foot
- Throws ball underhand 10 feet while stepping
- Walks across a 4 inch balance beam with hands on hips

### 49-52 months

- Stands on tiptoes for 8 seconds
- Walks backwards on a line 5 steps with hands on hips
- Performs a forward roll
- Gallops 10 feet
- Throws overhand to hit target from 12 feet
- Bounces a ball so it hits floor then wall
- Catches a small ball thrown from 5 feet hands only
- Rides a 2 wheeler with training wheels
- Rides a 2 wheeled scooter