



Physical Development Checklist

4 ½ Years

53-58 months

- Stands on one foot for 6 seconds
- Imitates 4 positions with arms and legs
- Jumps forward 36 inches
- Performs a turning jump
- Hops forward 3 feet on each foot
- Jumps over 10 inch hurdle
- Skips 8 feet
- Pumps self on swing
- Able to jump over a partner turned jump rope
- Able to roller skate – without coordination