






Score

Yes = Y
Emerging = E
No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



1. Holding head up

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M1A 	Turning head to the side	<ul style="list-style-type: none"> › When my child is lying on his back, he can move his head to the left and to the right. 				
M1B 	Holding head up while on tummy	<ul style="list-style-type: none"> › When my child is lying on his tummy he can lift and hold his head up to about 45°. › When my child is lying on his tummy he can lift and hold his head up to look at a toy for 10 - 15 seconds. 				
M1C 	Holding head and chest up while lying on tummy	<ul style="list-style-type: none"> › When my child is lying on his tummy, he can lift his head up, straighten both arms and push himself up so that his chest is not resting on the floor/surface. 				
M1D 	Head control for pulling to sit and for sitting	<ul style="list-style-type: none"> › When I lift my child up from lying down, he can hold his head in line with his body (I don't need to support his head from behind). › When my child is being held in a sitting position, he can hold his head steady. 				
M1E 	Lifting head when lying on back	<ul style="list-style-type: none"> › When my child is lying on his back, he can lift his head to look at his hands/feet/toy. 				

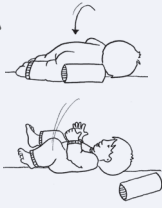

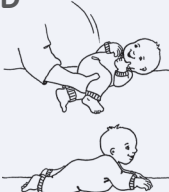
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Moving Around Skills: Activity Sheets for Developmental Milestones



2. Rolling

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M2A 	Rolling from side to back	› When I position my child on his side, he can move himself onto his back: › With help from me › With slight help from me › With no help from me				
M2B 	Rolling from stomach to back	› When I lie my child on his tummy, he can roll himself onto his back: › With help from me › With slight help from me › With no help from me				
M2C 	Rolling from back to side	› When I lie my child on his back, he can move himself to the left/ right/both sides: › With help from me › With slight help from me › With no help from me				
M2D 	Rolling from back to tummy	› My child can move from his back onto his tummy, getting both arms out from under him: › With help from me › With slight help from me › With no help from me				




Score

Yes = Y
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Moving Around Skills: Activity Sheets for Developmental Milestones



3. Sitting

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M3A 	Sitting with slight support	› My child can sit with his head steady if I support him at his: › Shoulders › Waist › Hips				
M3B 	Sitting and leaning on hands	› When I put my child on the floor, he can sit, leaning on his hands for support.				
M3C 	Moving into sitting	› When my child is lying on his side/tummy, he can move himself into sitting: › With help from me › With slight help from me › With no help from me				
M3D 	Sitting without hand support	› When I put my child on the floor, he can sit, without leaning on his hands for support for a few moments:				
M3E 	Sitting by self for 5 - 10 minutes	› My child can sit upright for several minutes, without using his hands for support.				
M3F 	Moving from sitting to tummy	› My child can move from sitting down to lying on tummy: › With help from me › With slight help from me › With no help from me				





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Moving Around Skills: Activity Sheets for Developmental Milestones



4. Crawling

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M4A 	Encouraging alternating kicking movements	› When lying in his back, my child can make alternating kicking movements with his legs.				
M4B 	Weight bearing on hands when lying on tummy	› When he is lying on his tummy, my child can hold his head up and lean weight onto one arm while reaching to the other side. › When lying on his tummy, my child leans on open, flat hands.				
M4C 	Pivoting	› When lying on his tummy, my child can turn his body to reach an object that is positioned on the left or right side.				
M4D 	Bringing one knee forward when on tummy	› When lying on tummy, my child can bring one knee forward and under his body. › <i>With help from me</i> › <i>With slight help from me</i> › <i>With no help from me</i>				

Score

Yes = Y


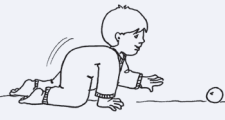

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Moving Around Skills: Activity Sheets for Developmental Milestones



4. Crawling (continued)

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M4E 	Positioning on hands and knees for crawling	<ul style="list-style-type: none"> › My child can get onto his hands and knees into the crawling position: <ul style="list-style-type: none"> › With help from me › With slight help from me › With no help from me 				
M4F 	Crawling on hands and knees	<ul style="list-style-type: none"> › My child can crawl backwards. › My child can crawl forwards. 				
M4G 	Moving forwards in the crawling position	<ul style="list-style-type: none"> › My child can crawl towards something that he wants, e.g., toy, parent. 				

Score

Yes = Y
 Emerging = E
 No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



5. Moving into standing

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M5A 	Taking weight on legs	› My child can stand on a flat surface: › When I support his body › When he holds onto stable furniture › When he holds onto my hands				
M5B 	Kneeling	› My child can maintain his balance when kneeling on both knees: › With help from me › With slight help from me › With no help from me				
M5C 	Half Kneeling	› My child can maintain his balance when kneeling on one knee with the other knee bent and foot flat on the floor: › With help from me › With slight help from me › With no help from me				

Score

Yes = Y
Emerging = E
No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



6. Standing

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M6A 	Standing holding onto a support	› My child can stand up while holding onto a support (without leaning on the support).				
M6B 	Pulling up to stand	› My child can use furniture/adult to pull himself up to stand: › With help from me › With slight help from me › With no help from me				
M6C 	Lowering self down from standing at furniture	› When standing and holding onto furniture, my child can bend down to pick up a toy from the floor: › With help from me › With slight help from me › With no help from me				
M6D 	Standing without holding on	› My child can stand with his feet flat on the floor without holding onto a support.				
M6E 	Sitting down from standing	› My child can move from standing into sitting: › With help from me › With slight help from me › With no help from me				

Score

Yes = Y
Emerging = E
No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



6. Standing (continued)

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M6F 	Standing up from lying	› My child can move himself from lying down to standing: › <i>With help from me</i> › <i>With slight help from me</i> › <i>With no help from me</i>				
M6G 	Bending down to pick up object and returning to standing	› When my child is standing, he can bend down to pick up a toy/object from a lower surface/floor and then stand up again: › <i>With help from me</i> › <i>With slight help from me</i> › <i>With no help from me</i>				
M6H 	Squatting to pick up something	› When my child is standing, he can squat down by bending his knees to pick up a toy/object from a lower surface/floor and then stand up again: › <i>With help from me</i> › <i>With slight help from me</i> › <i>With no help from me</i>				
M6I 	Balancing on one foot	› My child can hold onto me for support and lift right/left leg to step over a small obstacle/item on the floor or step into sandpit/shallow pool. › My child can hold onto me for support and lift left/right leg to assist with dressing (pants/socks/shoes).				

Score

Yes = Y

Emerging = E

No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



7. Walking with support

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M7A 	Walking holding on to two hands	› My child can take a step forward when I am holding both his hands.				
		› My child can take several steps when I am holding his hands.				
M7B 	Walking holding on to furniture	› My child can stand by himself by holding onto furniture, e.g., couch, table.				
		› When standing at furniture, my child can step to one side or the other, using the furniture for support:				
		› <i>With both hands</i>				
		› <i>With one hand</i>				
		› My child walks around a room confidently using furniture to help his balance:				
		› <i>With both hands</i>				
		› <i>With one hand</i>				

Score

Yes = Y



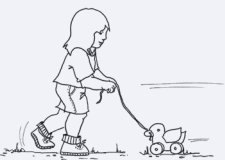
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Moving Around Skills: Activity Sheets for Developmental Milestones



8. Walking independently

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M8A 	Takes a few steps by self	› My child can take a few steps by himself between items of furniture or between two adults with my encouragement.				
		› My child confidently takes a few steps between items/people for support.				
M8B 	Walking without support	› My child can take several steps by himself between items of furniture or between two adults with my encouragement.				
		› My child confidently takes several steps between items/people for support about.				
M8C 	Walking backwards and sideways	› My child walks sideways for games/activities like 'Ring of Rosies'.				
		› My child can walk backwards using a pull along toy.				


Score

Yes = Y
 Emerging = E
 No = N

Moving Around Skills: Activity Sheets for Developmental Milestones



9. Running

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M9A 	Beginning to run	› My child can walk rapidly with me holding his hand for support.				
		› My child can walk rapidly down an incline with/without my support.				
		› My child attempts to run to catch/chase something, e.g., ball.				

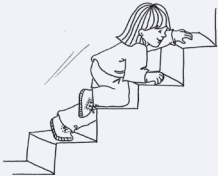
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Moving Around Skills: Activity Sheets for Developmental Milestones



10. Climbing stairs

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M10A 	Crawling up and down steps	<ul style="list-style-type: none"> › My child climbs on low furniture, e.g., onto low couch, in/out of sandpit. 				
		<ul style="list-style-type: none"> › My child can crawl up a slight incline eg a grassy hill/carpeted ramp: <ul style="list-style-type: none"> › With help from me › With slight help from me › With no help from me 				
		<ul style="list-style-type: none"> › My child can crawl up onto a very low step or child's couch: <ul style="list-style-type: none"> › With help from me › With slight help from me › With no help from me 				
		<ul style="list-style-type: none"> › My child uses the following moves when moving up several steps: one arm, opposite knee, then other arm and other knee i.e. <ol style="list-style-type: none"> 1. Right arm 2. Left knee 3. Left arm 4. Right knee <ul style="list-style-type: none"> › With help from me › With slight help from me › With no help from me 				
		<ul style="list-style-type: none"> › My child can move downstairs by crawling backwards and feet first: <ul style="list-style-type: none"> › With help from me › With slight help from me › With no help from me 				

Score

Yes = Y

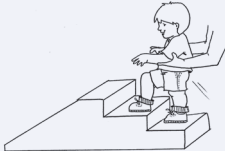
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Moving Around Skills: Activity Sheets for Developmental Milestones



10. Climbing stairs (continued)

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M10B 	Going up and down a slide	› My child can use the steps on a small slide to get to the top:				
		› With help from me				
		› With slight help from me				
		› With no help from me				
		› My child can slide down a small slide:				
		› With help from me				
› With slight help from me						
› With no help from me						





Score

Yes = Y
Emerging = E
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Moving Around Skills: Activity Sheets for Developmental Milestones



11. Ball skills

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M11A 	Throwing/ rolling a ball underhand	<ul style="list-style-type: none"> › When my child is sitting down he can roll/throw a ball underhand away from his body. › When my child is sitting down he can roll/throw a ball underhand towards me/target. 				
M11B 	Throwing a ball	<ul style="list-style-type: none"> › When my child is supported by me standing behind him/leaning against a wall/sofa, he can throw a ball overhand/underhand. › My child can throw a ball overhand/underhand and maintain his standing balance. 				
M11C 	Kicking a ball	<ul style="list-style-type: none"> › My child can kick a ball forwards with his left/right foot when he is sitting down. › When he is standing, my child can kick a ball forwards with his left/right foot: <ul style="list-style-type: none"> › A large, lightweight ball such as a beach ball/balloon. › A medium ball such as a child's plastic ball › A small ball such as a tennis ball 				
M11D 	Catching a ball	<ul style="list-style-type: none"> › When my child is sitting on the floor he can stop and cradle a large, lightweight ball using both hands. › When my child is sitting on the floor, he can hold both arms out and catch a large, lightweight and partially deflated ball/balloon. › When my child is standing, he can hold both arms out and catch a large, lightweight and partially deflated ball/balloon that is thrown or bounced towards him. › When my child is standing he can use both arms/hands to catch a medium or large ball that is thrown or bounced towards him. 				


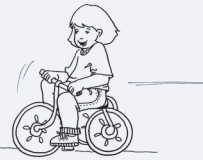
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Moving Around Skills: Activity Sheets for Developmental Milestones



12. Bike skills

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M12A 	Uses ride on toys	› My child sits confidently on a ride on toy with both feet on the ground.				
		› My child uses both his feet to move a ride on toy forwards/backwards:				
		› With help from me				
		› With slight help from me				
		› With no help from me				
M12B 	Riding a trike	› My child can move himself forward on a trike, using both his feet on the ground.				
		› My child can move himself forward on a trike, using his feet alternately on the ground.				
		› My child can move himself forward on a trike using both feet alternately on the pedals.				
		› My child can confidently ride a triket.				

Score

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Moving Around Skills: Activity Sheets for Developmental Milestones



13. Jumping

PAGE REF	SKILL	ACTIVITY	DATE / /	DATE / /	DATE / /	DATE / /
M13A 	Jumping	› My child can independently bend and straighten both knees at the same time, without my help.				
		› My child can bounce and bend/straighten both knees on a flexible surface such as old mattress/mini trampoline.				
		› My child can bounce, bend/straighten both knees and move up and down in a jumping movement.				
		› Using both feet/knees my child can jump up and down on a flexible surface.				
M13B 	Hopping	› My child can hold his balance on left/right foot for a few seconds.				
		› My child can hold his balance on left/right foot for several seconds.				
		› My child can hop on left/right foot when holding onto my hand for support.				
		› My child can hop 2-3 hops independently on his left/right foot.				