<table>
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<th>Grade</th>
<th>Milestones</th>
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</table>
| pre-K | - copies several prewriting shapes (e.g., O, +, square, etc)  
- cuts straight lines  
- static tripod grasp emerges (beginnings of a mature grasp) |
| K | - handedness is well established  
- mature pencil grasp emerging or established  
- writes name  
- picks up small objects with pincer grasp  
- ties a single knot  
- zips  
- buttons and unbuttons several buttons  
- cuts straight lines and simple shapes  
- brushes teeth/dresses for school without help  
- learns to write the alphabet  
- colors within lines of large shapes |
| 1st | - opens snack packages independently  
- ties shoes independently  
- colors within lines of small shapes |
| 2nd | - packs backpack for the day independently  
- fine motor skills are developed, and will be refined from here-on out |
| 3rd | - continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks |
| 4th | - continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks |
| 5th | - continues to develop fine motor skills to increase independence and efficiency with school-based fine motor tasks |

Keep in mind that development varies widely, and your child may be ahead or behind in different areas of development. This chart is just a guide to know about where your child should be with gross and fine motor skills in each grade.
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| **pre-K** | - balances on one foot for 6-8 seconds  
- skips  
- jumps backwards  
- begins to pump on a swing  
- hops 5 times on 1 foot  
- walks up and down stairs with alternating feet independently |
| **K** | - skips, jumps, hops, walks on tip toes  
- balances on one foot for up to 10 seconds  
- walks on tip toes  
- throws ball, catches a bounced ball, kicks  
- catches 8 inch ball from 5 feet using both hands  
- hits a target from at least 5 feet  
- uses upper trunk rotation and moves arms/legs in opposition to throw  
- may start to ride a small two wheeled bike, scooter |
| **1st** | - Runs, hops, jumps, leaps, slides, skips, gallops  
- 2 minutes moderate-intense physical activity  
- 4-10 push ups  
- 4-14 crunches  
- fluid transition between movements (ie. skipping to running)  
- 3 minutes moderate-intense physical activity  
- up to 10 push ups  
- up to 20 crunches  
- proficient with bike riding |
| **2nd** | - fluid transition between movements (ie. skipping to running)  
- 3 minutes moderate-intense physical activity  
- up to 10 push ups  
- up to 20 crunches  
- proficient with bike riding  
- bounces, kicks, throws, catches fluidly  
- increased coordination  
- up to 15 push ups  
- up to 22 crunches |
| **3rd** | - moves fluidly in game-like environment  
- push-ups (boys up to 20, girls up to 15)  
- runs a mile between 9-13 minutes  
- when laying on stomach lifts chest up 6 inches from ground (core)  
- throws, catches & kicks with decreased fluidity  
- understands right and left well |
| **4th** | - adjusts speed, direction, force of movement  
- runs a mile between 8.5-12 minutes |
| **5th** | - fluid transition between movements (ie. skipping to running)  
- 3 minutes moderate-intense physical activity  
- up to 10 push ups  
- up to 20 crunches  
- proficient with bike riding  
- bounces, kicks, throws, catches fluidly  
- increased coordination  
- up to 15 push ups  
- up to 22 crunches |

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