

0–12 months:

- uses a reflex grasp
- rolls over
- uses index finger to point at objects.

1–2 years:

- can build a tower using three bricks
- can run and stop without knocking into objects
- walks down steps one at a time.

2–3 years:

- draws circles and horizontal and vertical lines
- walks up and down steps and can jump from the lowest steps
- can stand and walk on tiptoe.

3–5 years:

- can use scissors to cut along a line
- can balance on one foot
- uses alternate feet when walking up and down steps.

5–7 years:

- can colour inside the lines of a picture
- can walk backwards quickly
- uses co-ordinated movements for climbing, swimming and riding a bike.

Cut and laminate milestones and ages for sequencing activity. More can be added up to 16+ years.