

0–12 months

- reflex grasp
- rolls over
- uses first finger to point at objects

1–2 years

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

2–3 years

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

3–5 years

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

5–7 years

- can colour within the lines of a picture
- can walk backwards quickly
- uses coordinated movements for climbing, swimming and riding a bike

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