

List of motor learning skills

Instructions: Answer the questions, according to the age of your child, with yes or no.

Results: If you answer positively more than twice, it is recommended to visit someone expert.

Your child has difficulty in:

Age	Skills	YES	NO
0-6 months	Rolling from prone to supine or from supine to prone		
	Bringing the legs to the hands/mouth when he/she is supine		
	Holding the head upright with support		
	Sitting (initially with support)		
	Raising his body from the floor with his hands when in prone		
6-12 months	Rolling from prone to supine or from supine to prone position		
	Moves on his belly (pivoting)		
	Sitting independently		
	Getting a four- legged position		
	Standing on fully extended hands when he is prone		
	Coming into sitting position without help		
	Changing positions for ex. sitting, crawling, prone		
	Coming to standing position		
	Standing for one moment without support		
	Walking while holds furniture		
	Walking(2-3 steps), without support		
	Rolling a ball, imitating an adult		
1 – 2 years	Sitting, Crawling or walking independently		
	Standing without support		
	Trying to run (looking at the floor)		
	Walking while he is holding a toy		
	Changing direction while he is walking		
	Rolling a ball, imitating an adult		
2 – 3 years	Walking and passing from corners		
	Running with co- ordination, with big base of support		
	Climbing the furniture without help		
	Going up and down stairs with help		
	Picking up objects from the floor without falling		
	Rolling a ball		

Age	Skill	YES	NO
3 – 4 years	Imitating an adult who stands in one leg		
	Imitating simple bilateral movements		
	Running with control		
	Climbing the stairs		
	Cycling tricycle		
	Going up and downstairs alternating feet		
	Jumping with the two legs concurrently (5 times)		
	Walking on his /her toes		
	Throwing objects with a specific goal		
	Catching a ball		
4 – 5 years	Standing in one leg for 5 seconds		
	Kicking a ball		
	Throwing a ball		
	Catching a ball after bounce of ball		
	Catching a ball with hands instead of arms		
	Running around obstacles		
	Jumping 10 times in a row, maintaining the distance of jumps		
	Walking in a straight line		
	Performing a front-flip with safety		
	Hopping		
5 – 6 years	Standing in one leg for 10 seconds		
	Kicking balls		
	Going upstairs, holding an object		
	Walking backwards (heel-finger)		
	Jumping 10 times in front without falling		
	Hopping with alternate feet forward following demonstration		
	Hanging from a monkey bar for at least 5 seconds		
	Throwing a ball while tandem standing and turning		
	Holding a small ball only with the palm of his/her hands		

Age	Skill	YES	NO
6 – 7 years	Running with opposite hand-leg with small base of support		
	Standing in one leg for more than 10 seconds		
	Kicking the ball		
	Walking on a balance beam		
	Playing with jumping rope		
	Cycling		
	Running around obstacles while keeping balance		
	Hanging from a monkey bar		
Hanging from a monkey bar independently			