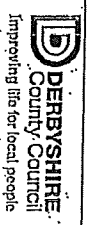


Physical Development Monitoring Tool – Birth to Five
 These developmental milestones are intended to provide guidance for practitioners to identify children's level of physical development from birth and to help inform planning and play opportunities for the children in their care.



Age Band	Moving & Handling Gross Motor	Moving & Handling Fine Motor	Health & Self-care	
Birth-11 months	<ul style="list-style-type: none"> Turns head in response to sounds and sights. Gradually develops ability to hold up own head. Makes movements with arms and legs which gradually become more controlled. Rolls over from front to back and from back to front. When lying on tummy becomes able to lift first head and then chest, supporting self with forearms (by 4 months ▶). When lying on tummy becomes able to lift first head and then chest, supporting self with straight arms. Watches and explores hands and feet, e.g. when lying on back lifts legs into vertical position and grasps feet. Sits unsupported on the floor (by 8 months ▶). When sitting, can lean forward to pick up small toys (without losing balance). Crawls, bottom shuffles or rolls continuously to move around (by 9 months ▶). Crawls, bottom shuffles or rolls to move around, reaching out for an object with one arm. Pulls to standing, holding on to furniture or person for support (uses the half kneel position, one knee up and one knee down) (by 12 months ▶). Walks around furniture lifting one foot and stepping sideways (crawling). Walks with one or both hands held by adult. Stands alone for 10 or more seconds. Pushes or pulls (appropriately sized) wheeled toys. Takes first few steps independently. Walk independently with heel down first (by 18 months ▶▶). 	<ul style="list-style-type: none"> Sometimes holds hands open or partly open when awake (rather than in fists when newborn) (by 4 months ▶). Stretches out both hands together to grasp an object. Explores objects with mouth, often picking up an object and holding it to the mouth (by 6 months ▶). Grabs or scratches clothes/surfaces in front of them. Reaches out for, touches and begins to hold objects. Picks up a small object with a raking motion. Uses whole hand to hold objects (palmar grasp). 	<ul style="list-style-type: none"> Passes toys from one hand to the other (by 8 months ▶). Pokes, points or prods at objects with index finger. Holds an object in each hand and brings them together in the middle e.g. holds 2 blocks and bangs them together (by 10 months ▶). Picks up small objects between thumb and a finger (pincer grip), while resting arm on table (by 12 months ▶). Releases a toy from their grasp by dropping it, but cannot yet put it down voluntarily. Puts a small toy down, without dropping it, and then take hand off the toy, with controlled release (by 12 months ▶). Picks up small objects between thumb and fingers. Holds pen or crayon using the whole hand (palmar) grasp, sometimes with both hands and makes random marks with different strokes. 	<ul style="list-style-type: none"> Turns head in response to breast or bottle (by 2 months ▶). Responds to and thrives on warm, sensitive physical contact and care, e.g. bathing and caring routines. Expresses discomfort, hunger or thirst. Anticipates food routines with interest. Places hand on bottle while feeding.
8-20 months	<ul style="list-style-type: none"> Walks upstairs holding hand of an adult. Comes downstairs backwards on knees (crawling). Squats down with complete steadiness (by 20 months ▶). Squats down with complete steadiness and picks up a toy. Sits on a tricycle moving it with feet pushing on the floor. Jumps from a low level step with both feet (by 22 months ▶). Climbs onto furniture or other large objects, such as large climbing blocks. Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground, and stands up without using hands. Jumps off the floor both feet together. Climbs confidently and is beginning to pull themselves up on nursery climbing equipment. Kicks a large ball. Throws a ball overarm and forwards without falling over. Walks upstairs or downstairs holding onto a rail two feet to a step. 	<ul style="list-style-type: none"> Beginning to balance blocks to make a small tower. Can control their wrist movement to manipulate objects (by 18 months ▶). Threads large beads onto a thick rod. Holds crayon between thumb and finger ends to make spontaneous circular scribble as well as to-and-fro scribble and dots. Make connections between their movements and the marks they make. 	<ul style="list-style-type: none"> Opens mouth for spoon. Holds own bottle or cup (feeder cup). Grasps finger foods and brings them to mouth. Tries to grasp spoon when being fed. Tips and holds bottle independently to feed (keeping the bottle up without lying down) (by 12months ▶). Attempts to use spoon: can guide towards mouth but food often falls off. Can actively cooperate with nappy changing (lies still, helps hold legs up). Helps with being dressed e.g. pulls off hat, can take off shoes and socks when unfastened, pushes arms through sleeves, legs into trousers. Starts to communicate urination, bowel movement. Cooperates with drying hands. 	<ul style="list-style-type: none"> Develops own likes and dislikes in food and drink. Willing to try new food textures and tastes. Holds cup with both hands and drinks without much spilling. Clearly communicates wet or soiled nappy or pants. Shows some awareness of bladder and bowel urges. Shows awareness of what a potty or toilet is used for. Shows a desire to help with dressing/undressing and hygiene routines.
16-26 months	<ul style="list-style-type: none"> Walks upstairs holding hand of an adult. Comes downstairs backwards on knees (crawling). Squats down with complete steadiness (by 20 months ▶). Squats down with complete steadiness and picks up a toy. Sits on a tricycle moving it with feet pushing on the floor. Jumps from a low level step with both feet (by 22 months ▶). Climbs onto furniture or other large objects, such as large climbing blocks. Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground, and stands up without using hands. Jumps off the floor both feet together. Climbs confidently and is beginning to pull themselves up on nursery climbing equipment. Kicks a large ball. Throws a ball overarm and forwards without falling over. Walks upstairs or downstairs holding onto a rail two feet to a step. 	<ul style="list-style-type: none"> Turns pages in a book, sometimes several at once. Builds a tower of 7+ small blocks. Threads large beads onto a stiff ended lace. Use a turning motion with hand when trying to turn door knobs, wind-up toys or screw lids on or off jars (by 36 months ▶). Shows control in holding and using, jugs to pour, hammers, books and mark making tools. Beginning to use three fingers (tripod grip) to hold writing tools. Imitates drawing simple shapes such as circles and lines. Copies a single vertical line & a single horizontal line. May be beginning to show preference for dominant hand. 	<ul style="list-style-type: none"> Feeds self competently with spoon. Drinks well without spilling. Clearly communicates their need for potty or toilet. Pulls down pants when using the toilet, but may need help to pull them back up. Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt, puts on shoes. Beginning to be independent in self-care, but still often needs adult support. 	<ul style="list-style-type: none"> Feeds self competently with spoon. Drinks well without spilling. Clearly communicates their need for potty or toilet. Pulls down pants when using the toilet, but may need help to pull them back up. Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt, puts on shoes. Beginning to be independent in self-care, but still often needs adult support.
22-36 months	<ul style="list-style-type: none"> Walks upstairs holding hand of an adult. Comes downstairs backwards on knees (crawling). Squats down with complete steadiness (by 20 months ▶). Squats down with complete steadiness and picks up a toy. Sits on a tricycle moving it with feet pushing on the floor. Jumps from a low level step with both feet (by 22 months ▶). Climbs onto furniture or other large objects, such as large climbing blocks. Runs safely on whole foot. Squats with steadiness to rest or play with object on the ground, and stands up without using hands. Jumps off the floor both feet together. Climbs confidently and is beginning to pull themselves up on nursery climbing equipment. Kicks a large ball. Throws a ball overarm and forwards without falling over. Walks upstairs or downstairs holding onto a rail two feet to a step. 	<ul style="list-style-type: none"> Turns pages in a book, sometimes several at once. Builds a tower of 7+ small blocks. Threads large beads onto a stiff ended lace. Use a turning motion with hand when trying to turn door knobs, wind-up toys or screw lids on or off jars (by 36 months ▶). Shows control in holding and using, jugs to pour, hammers, books and mark making tools. Beginning to use three fingers (tripod grip) to hold writing tools. Imitates drawing simple shapes such as circles and lines. Copies a single vertical line & a single horizontal line. May be beginning to show preference for dominant hand. 	<ul style="list-style-type: none"> Feeds self competently with spoon. Drinks well without spilling. Clearly communicates their need for potty or toilet. Pulls down pants when using the toilet, but may need help to pull them back up. Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt, puts on shoes. Beginning to be independent in self-care, but still often needs adult support. 	<ul style="list-style-type: none"> Feeds self competently with spoon. Drinks well without spilling. Clearly communicates their need for potty or toilet. Pulls down pants when using the toilet, but may need help to pull them back up. Helps with clothing, e.g. puts on hat, unzips zipper on jacket, takes off unbuttoned shirt, puts on shoes. Beginning to be independent in self-care, but still often needs adult support.

Age Band	Moving & Handling Gross Motor	Moving & Handling Fine Motor	Health & Self-care
30-50 months	<ul style="list-style-type: none"> • Mounts stairs, steps or climbing equipment using alternate feet (by 36 months ▶). • Walks downstairs, two feet to each step while carrying a small object. • Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles. • Walks backwards and sideways. • Can stand momentarily on one foot when shown (for 3 seconds). • Can catch a large ball. • Draws lines and circles using gross motor movements. • Pedals a tricycle. • Balances and walks on tiptoes and returns to flat foot (by 36 months ▶). • 1 complete log roll – front-back-front or back-front-back, roll may be disjointed, top and bottom half of body roll separately, legs may bend. • Hop up and down at least once, on both the right and left foot without losing balance or falling over (by 48 months ▶). 	<ul style="list-style-type: none"> • Uses one handed tools and equipment e.g. makes snips in paper with child scissors. • Builds a tower using nine or ten small blocks. • Threads small beads onto a lace. • Closes fist and wiggles thumb, left and right. • Spreads hand and brings thumbs into opposition to each finger in turn. • Holds pencil between thumb and two fingers (by 48 months ▶). • Holds pencil near joint between first two fingers and thumb and uses it with good control. • Copies shapes: 0 and +, onto a large sheet of paper using a pen, pencil or crayon. • Draws pictures of people that have at least three of the following features: head, eyes, nose, mouth, neck, hair, trunk, arms, hands, legs or feet. • Can copy some letters e.g. letters from their name. 	<ul style="list-style-type: none"> • Eats skilfully with a spoon and fork. • Can tell adults when hungry or tired or when they want to rest or play. • Gains more bowel and bladder control and can attend to toileting needs most of the time themselves. • Pulls pants down and up but needs help with buttons and other fastenings. • Can usually manage washing and drying hands. • Dresses with help, e.g. puts arms into open-fronted coat or shirt when held up, pulls up own trousers and pulls up zipper once it is fastened at the bottom. • Manages to use the toilet independently (by 36 months ▶).
40 – 60 months	<ul style="list-style-type: none"> • Jumps off an object and lands appropriately. • Jumps forward from a standing position, 2 feet to 2 feet starting with feet together (arms swing forward on take-off, body weight forward and knees bent on landing). • Jumps upwards from a standing position, 2 feet to 2 feet, starting with feet together (simultaneous co-ordinated upward arm lift). • Skip forward with alternate feet (by 48 months ▶). • Stand on 1 foot and balance for 5 seconds (right and left). • March using opposite hand, arm swing and leg action. • Side gallop 5 metres, right and left, but may have a preferred side, arms begin to aid balance. • Hop up and down at least 6-8 times on both the left and right foot, without losing balance, falling over or putting the other foot down. • Heel to toe walk (walk in straight line, heel of one foot in front of and touching toe of another) forwards 4 or more steps with no support. • Walk forward, backwards and sideways on a bench for 2 metres. • Walks up and downstairs alone, using alternate feet. • 1 complete log roll – 1 complete turn, legs remain straight and together, arms remain by ears. • Pedals and skilfully manoeuvres tricycle. • Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. • Travels with confidence and skill around, under, over and through balancing and climbing equipment. • Climbs the rungs of a ladder of a playground slide and slide down without help. • Shows increasing control over an object in pushing, patting, throwing, catching or kicking it. 	<ul style="list-style-type: none"> • Following a line drawn on paper, can cut the paper in half on a more or less straight line, while holding own paper. • Handles tools, objects, construction and malleable materials safely and with increasing control. • Shows a preference for a dominant hand. • Counts fingers on one hand with index finger of other. • Thread large eyed needles and sew with large stitches. • Begins to use anti-clockwise movement and retrace vertical lines. • Can copy the shapes below (should look similar to designs below, but may be different in size): <ul style="list-style-type: none"> + □ Δ • Can draw a person with head, body, arms and legs when asked to draw a picture of a girl or boy. • Begins to form recognisable letters. • Uses a pencil and holds it effectively to form recognisable letters, most of which are correctly formed. 	<ul style="list-style-type: none"> • Uses a knife and fork competently, but may still need to have meat cut up for them. • Dresses and undress but may have difficulty with laces, ties and back buttons. • Usually dry and clean during the day.
Early Learning Goal	<ul style="list-style-type: none"> • Children show good control and co-ordination in large movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively. 	<ul style="list-style-type: none"> • Children show good control and co-ordination in small movements. They handle tools effectively, including pencils for writing. 	<ul style="list-style-type: none"> • Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.