# Activity sheet 1.4: Development of physical skills: Motor skills

Learning aim A: Understand human growth and development across life stages and the factors that affect it

Learning aim A1: Human growth and development across life stages

Milestones describe the skills that children have usually acquired at each age group.

1. Complete this table by filling in examples of gross and fine motor **milestones** for each age group.

|  |  |  |
| --- | --- | --- |
| **Age** | **Gross motor** | **Fine motor** |
| 1 month |  | Uses reflexes to grasp a finger |
| 3 months | Holds up head and chest when lying on front |  |
| 6 months |  | Reaches out and grasps a toy |
| 9 months | Sits without help |  |
| 12 months |  | Holds a crayon to scribble |
| 18 months | Throws a large ball |  |
| 2 years |  |  |
| 2.5 years |  |  |
| 3 years | Walks backwards and sideways |  |
| 4 years |  | Threads small beads on a string |
| 5 years |  |  |
| 6 years | Skips with alternate feet |  |
| 7 years |  |  |

2. Give definitions of gross motor skills and fine motor skills:

1. Gross motor skills are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .
2. Fine motor skills are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .