



Physical Development Checklist

2 Years

23-24 months

- Jumps forward 4 inches
- Jumps up 2 inches
- Jumps down from step
- Walks upstairs without rail
- Throws ball underhand 3 feet
- Kicks ball 3 feet with direction
- Climbs up jungle gym

25-26 months

- Walks down 4 steps without rail
- Walks backward for 10 feet
- Presents arms and attempts to catch ball
- Negotiates slide independently

27-28 months

- Takes three consecutive steps when walking on a line – hands on hips
- Walks upstairs with a rail alternating feet
- Throws ball 7 feet overhand
- Walks across a 6 inch balance beam