



Physical Development Checklist

1.5 Years

19-20 months

- Runs forward 10 feet
- Stands heel to toe on a line for 2 seconds
- Kicks ball 3 feet
- Throws ball overhand 3 feet
- Rides a push bike

21-22 months

- Runs forward 10 feet
- Walks sideways 10 feet
- Walks with 1 foot on line for 6 feet
- Walks with one foot on balance beam