



Physical Development Checklist

2 ½ Years

29-30 months

- Jumps down 21 inches independently
- Walks on tiptoes for 5 feet with hands on hips
- Runs 30 feet in 6 seconds
- Throws ball 7 feet underhand
- Kicks ball 6 feet forward using opposing arm and leg movement

30-31 months

- Stands on one foot for 3 seconds with hands on hips
- Jumps forward 24 inches
- Jumps down 24 inches

32-34 months

- Jumps over a 2 inch hurdle
- Walks on tiptoes for 8 feet with hands on hips
- Catches ball with arms extended from 5 feet

35-36 months

- Walks upstairs without a rail alternating feet
- Rides a tricycle

37-40 months

- Runs 45 feet in 6 seconds
- Jumps forward 26 inches
- Throws ball overhand
- Throws ball underhand to hit target from 5 feet