



Physical Development Checklist

5-7 Years

59-62 months

- Stands on one foot for 10 seconds with hands on hips
- Performs 3 sit-ups in 30 seconds
- Jumps sideways over a line 3 cycles
- Skips 10 feet
- Skips 10 feet
- Jumps over 10 inch hurdle
- Skips 10 feet
- Able to jump over a self turned jump rope several consecutive times

63-72 months

- Performs 5 sit-ups in 30 seconds
- Performs 8 push-ups in 20 seconds
- Hops 20 feet in 6 seconds
- Kicks a ball 12 feet in the air
- Bounce catches a ball with one hand
- Takes three consecutive steps on a 2 inch balance beam
- Able to roller skate – with coordination
- Able to perform the monkey bars
- Drop kicks a ball with direction

63-74 months

- Able to Rollerblade