

# GROSS MOTOR CHECKLIST

## Locomotor Skills

runs with control
walks on tip toes
shuffles from side to side
hops 5 times on one foot
begins to skip

## Jumping

jumps with two feet
jumps over an object (one foot first)
jumps on one foot
jumps over an object (with two feet)
begins to jump rope

## Balance & Coordination

balances on one foot for 5-10 seconds
walks on a line
walks on a balance beam forwards
walks on a balance beam backwards
rides a tricycle
touches feet while standing
twists at waist with arms in
twists at waist with arms out
walks up the stairs with alternating feet
walks down the stairs with alternating feet

## Playing

performs a forward roll
uses a slide
climbs a playground ladder
completes a log roll
pumps legs to maintain momentum on a swing
throws a ball with accuracy
catches a large ball with two hands
bounces a large ball

# Gross Motor Development Observation Checklist

**SJ Ball**



**Gross Motor Development Observation Checklist:**

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## **Table of Contents Gross Motor Development Observation Checklist**

1. Understanding the eBook Gross Motor Development Observation Checklist
  - The Rise of Digital Reading Gross Motor Development Observation Checklist
  - Advantages of eBooks Over Traditional Books
2. Identifying Gross Motor Development Observation Checklist
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Gross Motor Development Observation Checklist
  - User-Friendly Interface
4. Exploring eBook Recommendations from Gross Motor Development Observation Checklist
  - Personalized Recommendations
  - Gross Motor Development Observation Checklist User Reviews and Ratings
  - Gross Motor Development Observation Checklist and Bestseller Lists

5. Accessing Gross Motor Development Observation Checklist Free and Paid eBooks
  - Gross Motor Development Observation Checklist Public Domain eBooks
  - Gross Motor Development Observation Checklist eBook Subscription Services
  - Gross Motor Development Observation Checklist Budget-Friendly Options
6. Navigating Gross Motor Development Observation Checklist eBook Formats
  - ePub, PDF, MOBI, and More
  - Gross Motor Development Observation Checklist Compatibility with Devices
  - Gross Motor Development Observation Checklist Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Gross Motor Development Observation Checklist
  - Highlighting and Note-Taking Gross Motor Development Observation Checklist
  - Interactive Elements Gross Motor Development Observation Checklist
8. Staying Engaged with Gross Motor Development Observation Checklist
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Gross Motor Development Observation Checklist
9. Balancing eBooks and Physical Books Gross Motor Development Observation Checklist
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Gross Motor Development Observation Checklist
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Gross Motor Development Observation Checklist
  - Setting Reading Goals Gross Motor Development Observation Checklist
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Gross Motor Development Observation Checklist
  - Fact-Checking eBook Content of Gross Motor Development Observation Checklist
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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