Use My Body
- To pedal a small trike
- Run around
- Climb up stairs
- Kick, catch and throw a large ball
- Balance on each foot for a moment
- Stand on tip toe
- Jump with both feet
- Sway and march to music
- Begin to hop on one foot

Use My Hands
- To do simple finger actions to songs
- Build with construction toys
- Hold my pencil with thumb and fingers and draw simple lines
- Manipulate large buttons
- String beads onto a shoelace
- Complete simple puzzles
- Use scissors to make simple cuts

Make Sense Of The World
- Recognise up to 5 colours
- Show my age using my fingers
- Count 5 objects aloud
- Put 2 halves of a picture together
- Understand hot and cold
- Start to remember details on a picture
- Start to sort real objects

Recommended resources that develop perceptual motor skills for 4 year olds.

Resources are from
Skill Set 2: Perceptual Motor
Available from
www.pld-literacy.org
Skill Set 2: Perceptual Motor

Fine and Gross Motor Developmental Milestones

Now that I am 5 years old... I should be able to:

**Use My Body**
- To pedal a small tricycle around objects and make U turns
- Run around obstacles and turn corners with speed
- Walk up and down stairs with alternate feet
- Begin to bounce a large ball
- Balance on one foot for the count of 10
- Walk on tip toe
- Walk backwards
- Begin to jump rope
- Hop on one foot for several hops
- Balance on a wide beam
- Begin to skip on one foot
- Catch and throw a beanbag

**Use My Hands**
- Use my pencil to draw a person and some simple objects
- Fasten small buttons and use a zipper
- Cut out large shapes with scissors
- Screw and unscrew lids, nuts and bolts
- Cut food with knife
- Brush my own teeth
- Colour in a simple picture

**Make Sense Of The World**
- Know most of my colours
- Use my eyes to follow moving objects
- Count up to 10 objects aloud
- Feel objects without looking and can identify simple shapes and objects
- Copy simple patterns
- Differentiate differences in size
- Complete an unfinished drawing
- Start to notice when something is missing

**Tips For Home**
- Have your child help with household chores, e.g.: setting the table, packing away toys, or putting clean crockery and cutlery away. It’s great for matching and sorting.
- Encourage your child to be as independent as possible in dressing, eating, and grooming (e.g.: teeth brushing, hair brushing).
- Try and build some table activity time into your day, drawing, cutting and gluing. Use a wide variety of materials, and writing implements to keep it interesting.
- Grab a ball and throw it, kick it, bounce it and catch it!
- Play some outside games, e.g.: skipping with a rope, races that involve hopping, skipping, jumping, running, balancing.
- Join in activities with your child. It is more fun to play together.

**Causes For Concern**
- Avoids or has difficulty with hand activities, e.g.: drawing, puzzles, scissor use.
- Difficulties with dressing or eating.
- Stumbles or falls frequently or often bumps into people or objects.
- Has trouble keeping their eyes on what they are doing.
- Avoids or dislikes messy play or unexpected touch.
- Seems very busy and isn’t able to calm or quiet self.
- Avoids or dislikes equipment that is fast moving or off the ground, e.g.: swings, roundabouts.
- Difficulty matching colours, sizes and shapes.

Should you have any concerns about your child’s development, consult an Occupational Therapist.

Recommended resources that develop perceptual motor skills for 4 year olds.

Resources are from Skill Set 2: Perceptual Motor
Available from www.pld-literacy.org