

Developmental Checklist 3-5 Years



3 Years



4 Years



5 Years

Posture and Large Movements



- Walks up/down stairs - alternating feet and can carry large toy
- Jumps from bottom step with 2 feet
- Climbs nursery apparatus agilely
- Can turn corners and obstacles while running
- Walks forward, backward, sideways confidently
- Rides tricycle using pedals, steering round wide corners
- Stands and walks on tiptoes
- Can stand momentarily on 1 foot when shown
- Sits with feet crossed at ankles
- Throws ball overhand
- Catches large ball on / between extended arms
- Kicks forcefully

- Walks or runs up / down stairs in adult fashion
- Navigates locomotion skilfully
- Climbs ladders and trees
- Can stand, runs and walks on tiptoe
- Confident tricycle rider and sharp u-turner
- Stands on 1 (preferred) foot up to 5 seconds and hops on it
- Bends from waist to pick up toys
- Sits with knees crossed
- Increasing ball game skill: catching, throwing, bouncing, kicking, batting

- Walks narrow line easily
- Runs lightly on toes
- Skips on alternate feet
- Stands on either foot 8-10 seconds
- Can usually stand on preferred foot with arms folded
- Can hop forward 2-3m on either foot
- Moves rhythmically to music
- Grips strongly with either hand
- Bends to touch toes without flexing knees
- Plays ball games with ability, including rule bound games



Vision and Fine Movements

- Build tower of 9-10 blocks
- By 3.06yrs builds 1 or more bridges of 3 cubes from model – uses 2 hands co-operatively
- Threads large wooden beads onto lace

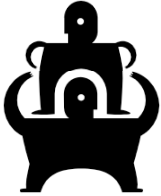
- Builds tower of 10+ blocks
- Builds several 3 block bridges from model on request or spontaneous
- Build 3 steps of 6 cubes after demo

- Picks up and replaces minute objects
- Builds elaborate models when shown, sometimes 4 steps from 10 blocks
- Good drawing / writing control



	<ul style="list-style-type: none"> <input type="checkbox"/> Can close fist and copy wiggling of thumbs on either hand <input type="checkbox"/> Tripod grasp near base of pencil shaft – good control <input type="checkbox"/> Copies circle, also ‘V H and T’, cross. <input type="checkbox"/> Draw a person – head + 1-2 other features <input type="checkbox"/> Matches 2-3 primary colours, usually red and yellow. May confuse blue and green. <input type="checkbox"/> May know names of colours <input type="checkbox"/> Enjoys painting – usually names pictures during or after production <input type="checkbox"/> Cuts with toy scissors 		<ul style="list-style-type: none"> <input type="checkbox"/> Copies square and at 5.06yrs copes triangle <input type="checkbox"/> Also copies: V;T;H;O;X;L;A;C;U;Y’ <input type="checkbox"/> Writes a few letters spontaneously <input type="checkbox"/> Draws recognisable man: Head; trunk; legs; arms and features <input type="checkbox"/> Draws house: door, windows, roof; chimney <input type="checkbox"/> Other pictures may have background environment <input type="checkbox"/> Names items before producing them <input type="checkbox"/> Colours within outlines <input type="checkbox"/> Counts fingers on 1 hand with index <input type="checkbox"/> Names 4+ primary colours <input type="checkbox"/> Matches 10-12 colours
<p>Hearing and Speech</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Modulates speech loudness and pitch <input type="checkbox"/> Large vocabulary <input type="checkbox"/> Starts to combine 3-4 words in sentences <input type="checkbox"/> Speech intelligible to strangers <input type="checkbox"/> Speech and grammar immaturities <input type="checkbox"/> Gives full name, gender and perhaps age <input type="checkbox"/> Uses personal pronouns and plurals correctly, also most prepositions e.g. “in, on, under” <input type="checkbox"/> Talks to self in long monologues, mostly about immediate present, esp. during make believe play <input type="checkbox"/> Simple conversations held <input type="checkbox"/> Describes briefly present activity and past event <input type="checkbox"/> Asks many questions ‘what, where, 	<ul style="list-style-type: none"> <input type="checkbox"/> Can follow a 2 part instruction e.g. “Fetch your coat and give it to daddy” <input type="checkbox"/> Grammatically correct and intelligible <input type="checkbox"/> Phonetic substitutions, usually of r-l-w-y group, p-th-f-s group or k-t sounds <input type="checkbox"/> Gives connected account of recent events <input type="checkbox"/> Gives full name, address and usually age <input type="checkbox"/> Questions include: Why, when, how + meaning of words <input type="checkbox"/> Listens to and tells long stories, may confuse fact/fantasy <input type="checkbox"/> Rote counts up to 20+ <input type="checkbox"/> Counts objects by word and touch in 1-1 correspondence up to 4 or 5 	<ul style="list-style-type: none"> <input type="checkbox"/> Fluent, grammatically conventional speech <input type="checkbox"/> May confuse ‘s-f-th’ group <input type="checkbox"/> Delights in reciting rhymes and jingles <input type="checkbox"/> Loves stories read – acts out details later alone or with peers <input type="checkbox"/> Gives full name, address, age and usually birthday <input type="checkbox"/> Defines concrete nouns by use <input type="checkbox"/> Asks meaning of abstract words <input type="checkbox"/> Enjoys jokes and riddles



	<p>who'</p> <ul style="list-style-type: none"> <input type="checkbox"/> Listens eagerly to stories and demands favourites repeatedly <input type="checkbox"/> Knows several rhymes to repeat, maybe sing <input type="checkbox"/> Enjoys TV and will join in songs <input type="checkbox"/> Counts to 10 but little actual number correspondence beyond 2 or 3 	<ul style="list-style-type: none"> <input type="checkbox"/> Enjoys jokes <input type="checkbox"/> Knows several nursery rhymes, repeats and sings correctly 	
<p>Social Interaction and Play</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Spoon and fork feeding <input type="checkbox"/> Washes hands but needs help drying <input type="checkbox"/> Pulls pants down and up, help needed with buttons and fastenings <input type="checkbox"/> May be dry through night <input type="checkbox"/> Likes helping with domestic activities gardening, shopping etc. <input type="checkbox"/> Tries to keep environs tidy <input type="checkbox"/> Vivid make-believe play with invented people and objects <input type="checkbox"/> Enjoys playing on the floor with toys,, alone or with siblings <input type="checkbox"/> Joins in make-believe with other children <input type="checkbox"/> Understands sharing toys <input type="checkbox"/> Affectionate to younger siblings <input type="checkbox"/> Appreciation of difference between present and past and need to defer satisfaction to future 	<ul style="list-style-type: none"> <input type="checkbox"/> Eats skilfully with spoon and fork <input type="checkbox"/> Washes and dries hands, brushes teeth <input type="checkbox"/> Dresses and undresses bar laces, ties and back buttons <input type="checkbox"/> Sense of humour shown in talk + activities <input type="checkbox"/> Dramatic make-believe & dress-up play <input type="checkbox"/> Complicated floor games <input type="checkbox"/> Constructive out-door building with any available material <input type="checkbox"/> Needs companionship of other children: can alternately co-operative / aggressive <input type="checkbox"/> Understands need to argue with words not blows <input type="checkbox"/> Understands taking turns as well as sharing <input type="checkbox"/> Shows concern for younger sibling and sympathy for distressed playmates <input type="checkbox"/> Appreciates past, present and future time 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses knife and fork <input type="checkbox"/> Undresses and dresses alone <input type="checkbox"/> Washes and dries hands alone, needs supervision for rest <input type="checkbox"/> More sensible behaviour <input type="checkbox"/> Understands need for order and tidiness – but needs reminders <input type="checkbox"/> Domestic and dramatic play continued alone or with peers <input type="checkbox"/> Complicated floor games <input type="checkbox"/> Plans and builds constructively <input type="checkbox"/> Chooses own friends <input type="checkbox"/> Co-operates with peers most of the time <input type="checkbox"/> Understands need for rules and fair play <input type="checkbox"/> Definite sense of humour <input type="checkbox"/> Appreciates meaning of time in relation to daily routine <input type="checkbox"/> Tender and protective of younger children <input type="checkbox"/> Comforts distressed peers

