

2nd Grade Milestones Ages 7 - 8

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Physical Milestones

Better coordination
and balance

Rides a two-wheeled
bicycle without assistance

Growing an average
2.5 inches in a year

Lose four baby teeth
a year

Social/Emotional Milestones

Become more
independent from
parents and
family

Thinks more about
the future

Wants to be like
by friends and
family

Locomotor

→ Moving your body from place to place ←

Skipping

Being able to alternate steps and hops

Galloping

Traveling with one foot always in the lead

Sliding

Galloping Sideways

Leaping

Jumping forward or back with one leg outstretched; taking off on one foot and landing on the other.

Manipulative

➡ The ability to use and object with control ⬅

Bouncing

Catching

Dribbling

Bouncing

Kicking or
Rolling

Striking
(baseball)

Throwing

Volleying

Gross Motor

Moving large parts of your body like muscles of the arms, legs, and torso

Jumping over an object and landing with both feet together

Catching a small ball using hands only

Walking on a balance beam

Non-manipulative

Motor Skills that are performed with the body without moving any other objects

1

Transferring weight

Being able to transfer weight from one spot to another such as leg to leg

2

Twisting

Turning your body from one side to another

3

Balancing

Being able to control your body's position

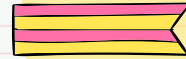
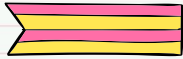
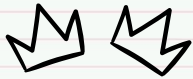
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Stretching

Exercising a certain part of your body or deliberately flexing a specific part of your body

Fine Motor

Being able to make accurate movements using mostly smaller muscle groups



Cutting shapes neatly

Dialing a phone


Using a keyboard

Tying shoelaces

Writing neatly

Using a knife and fork with food

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