



MOVEMENT MILESTONE CHECKLIST

5–11 years

Child's name _____ Date of birth _____ Date checked _____

Tick what your child is doing now. "Expected by" is the age by which **most** children do each thing, not an average, so there's a wide range of normal before it.

Milestone	Expected by	Yes	Not yet	Notes
Can your child hop on one leg? Keep an eye on it	5 years	☐	☐	
Can they catch a ball? Keep an eye on it	6 years	☐	☐	
Do they manage PE and playground games without unusual tiredness or pain? Keep an eye on it	5 years	☐	☐	
Is their handwriting and desk posture comfortable? Keep an eye on it	5 years	☐	☐	
Has your child stopped doing something they could do before? ● Always worth a prompt GP or health visitor conversation	Any age	☐	☐	

When to ask for advice

A "not yet" isn't a problem on its own, especially if your child hasn't reached the age given. If something marked **worth checking promptly** isn't happening by that age, or your child has stopped doing something they could do before, speak to your health visitor or GP. For anything else that worries you, try our free online checker or get in touch.

This checklist is general information, not an assessment of your child. "Expected by" ages are drawn from conservative, published norms (NHS, WHO and CDC developmental guidance). It does not replace an assessment.

Online checker:
littlemoversphysio.co.uk/milestones

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