

Motor Skills Observation Checklist

Name: _____ Date: _____

Tick what you see over about two weeks, and note your child's age beside anything that concerns you. This is an observation record, not a standardised assessment.

Big movements — balance and coordination	Often	Sometimes	Not yet
Trips, stumbles or bumps into things more than other children their age	☐	☐	☐
Struggles with stairs, or still leads with the same foot every time	☐	☐	☐
Finds catching, throwing or kicking a ball difficult	☐	☐	☐
Tires quickly during running and active play	☐	☐	☐
Avoids climbing frames, PE or outdoor games	☐	☐	☐

Small movements — hands and fingers	Often	Sometimes	Not yet
Holds a pencil awkwardly, or in a fist beyond the early years	☐	☐	☐
Presses very hard, or so lightly the marks barely show	☐	☐	☐
Finds scissors difficult to control	☐	☐	☐
Struggles to thread, build or fit small pieces together	☐	☐	☐
Handwriting is slow, effortful or hard to read	☐	☐	☐

Getting dressed and self-care	Often	Sometimes	Not yet
Needs help with buttons, zips or laces beyond the usual age	☐	☐	☐
Puts clothes on back to front or inside out	☐	☐	☐
Finds cutlery difficult; spills often at mealtimes	☐	☐	☐
Struggles with teeth brushing or washing without help	☐	☐	☐

Planning and sequencing a task	Often	Sometimes	Not yet
Starts a task confidently but comes unstuck partway through	☐	☐	☐
Finds multi-step activities hard to organise	☐	☐	☐
Learns a new physical skill much more slowly than expected	☐	☐	☐

Planning and sequencing a task	Often	Sometimes	Not yet
Does better with one instruction at a time than a whole sequence	☐	☐	☐

How your child feels about it	Often	Sometimes	Not yet
Says they are “bad at” drawing, writing or sport	☐	☐	☐
Avoids activities they used to enjoy	☐	☐	☐
Gets frustrated or upset during physical or writing tasks	☐	☐	☐

Notes — your child’s age, the task, and whether they avoid it:

How to use this

Print one sheet and fill it in over a fortnight of ordinary days — getting dressed, playing outside, school work.

Cover both halves. Gross motor is the big stuff: running, stairs, balance, catching. Fine motor is the small stuff: pencils, buttons, cutlery, scissors.

Compare against what your child’s friends and siblings managed at the same age rather than against an ideal.

Note whether your child avoids an activity as well as whether they struggle with it. Avoidance is often the first sign.

Bring it to your appointment, and bring a page of your child’s handwriting or drawing if writing is the concern.

Pairs with our free **[fine motor home program](https://www.inclusivetherapycentre.com/home-programs)** at [inclusivetherapycentre.com/home-programs](https://www.inclusivetherapycentre.com/home-programs)