

**Bethlehem Central School District  
Physical Therapy Department  
Locomotor Skills Checklist**

**Locomotor Skills Checklist**

**Key**

- 1 Skill not displayed in any setting despite support given
- 2 Skill displayed inconsistently with models/prompts.
- 3 Skill displayed consistently with models/prompts
- 4 Skill displayed independently

		1	2	3	4
<b>1</b>	Rise to standing using a stable object for support.				
<b>2</b>	Spontaneously uses protective responses in anterior, posterior, and lateral directions				
<b>3</b>	Walk up 4 steps without support from wall or rail placing one or both feet on each step.				
<b>4</b>	Walk up 4 steps without support from the wall or rail (may place one or both feet on each step).				
<b>5</b>	Walk down 4 steps without support by placing one or both feet on each step				
<b>6</b>	Walk up 4 steps by placing one foot on each step using the wall or rail for support.				
<b>7</b>	Walk up 4 steps by placing one foot on each step without using the wall or rail for support.				
<b>8</b>	Walk down 4 steps by placing one foot on each step using the wall or rail for support.				
<b>9</b>	Walk down 4 steps by placing one foot on each step without using the wall or rail for support.				
<b>10</b>	Go up a full flight of stairs with a reciprocal pattern with a rail for safety.				
<b>11</b>	Go down a full flight of stairs with a reciprocal pattern with a rail for safety.				
<b>12</b>	Pick up an item from the floor and returns to standing without losing balance.				
<b>13</b>	Walk backwards _____ steps.				
<b>14</b>	Walk backwards _____ feet without heels touching toes.				
<b>15</b>	Walk backwards on a 4inx8ft walking line without stepping off more than once with hands on hips and without heels touching toes.				
<b>16</b>	Walk backwards on a 4inx8ft walking line 5 steps without stepping off the line with hands on hips and toes touching heels.				
<b>17</b>	Walk sideways 10 feet leading with the same foot.				
<b>18</b>	Walk with one foot on a 4in x 8-foot walking line for 6 feet.				
<b>19</b>	Walk forward on a 4in x 8-foot walking line for 3 steps with hands on hips and without heels touching toes.				

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<b>20</b>	Walk forward on a 4in x 8foot walking line for 4 feet with hands on hips and without heels touching toes.				
<b>21</b>	Walk forward on a 4in x 8foot walking line for 8 feet with hands on hips and without heels touching toes and without swaying more than 20 degrees.				
<b>22</b>	Walk forward on a 4in x 8foot walking line for 4 feet with hands on hips with heels touching toes.				
<b>23</b>	Walk forward on a 4in x 8foot walking line for 8 feet with hands on hips with heels touching toes and without swaying more than 20 degrees.				
<b>24</b>	Gallop with the lead foot followed by a step with the trailing foot to a position adjacent to or behind the lead foot.				
<b>25</b>	Gallop for a brief period where both feet are off the floor				
<b>26</b>	Gallop for a brief period where both feet are off the floor				
<b>27</b>	Gallop maintaining a rhythmic pattern for four consecutive gallops.				
<b>28</b>	Leap taking off on one foot and landing on the opposite foot				
<b>29</b>	Leap for a period where both feet are off the ground longer than running.				
<b>30</b>	Leap with a forward reach with the arm opposite the lead foot.				
<b>31</b>	Run ___ feet for a period where both feet are off the ground.				
<b>32</b>	Run with arms moving back and forth across the body at or below waist level.				
<b>33</b>	Run with balls of feet used to push forward toes pointed forward a high knee and heel lift and trunk leaning forward.				
<b>34</b>	Run between 2 tapped lines 10 feet apart picks up an object and returns to the starting position completing 1 cycle in 5 seconds or less without tripping or losing balance.				
<b>35</b>	Complete a shuttle run of 50 feet with increasing speed from a baseline established in September.				
<b>36</b>	Jump forward with a 2 -footed take off and landing.				
<b>37</b>	Jumps forward with preparatory movement including flexion of both knees and arms extended behind body.				
<b>38</b>	Jumps forward with arms extending forcefully forward and upward reaching full extension above the head.				
<b>39</b>	Hop forward on the dominant foot a distance of _____ and maintain a single footed landing				

<b>40</b>	Hop forward on either foot a distance of _____ and maintain a single footed landing				
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<b>41</b>	Hop with equal ease on both feet a distance of _____ feet maintaining free leg bent at the knee 90 degrees.				
<b>42</b>	Hop in place for a period of _____ seconds and maintain balance, rhythm and cadence				
<b>43</b>	Skip on the dominant foot.				
<b>44</b>	Skip _____ steps maintaining balance, using opposing arm and leg movements and alternating feet.				
<b>45</b>	Skip _____ feet maintaining balance, using opposing arm and leg movements and alternating feet				
<b>46</b>	Jumps forward so that the arms are thrust downward during landing				
<b>47</b>	Jump forward _____ inches with a two- footed take off and landing.				
<b>48</b>	Jump vertically _____ inches higher than highest reach.				
<b>49</b>	Jump over a _____ inch hurdle maintaining balance with a two-footed take off and landing.				
<b>50</b>	Jump and turn so feet land in opposite direction from starting position while maintaining upright posture and balance.				
<b>51</b>	Jump sideways _____ cycles with hands on hips feet together and without touching jumping line or pausing between jumps.				
<b>52</b>	Slide with the body turned sideways so shoulders are aligned with a line on the floor.				
<b>53</b>	Slide a minimum of 4 step slide cycles to the (right/left)				
<b>54</b>	Stand on a stable object jump down from a 16-21 inch height without assistance one foot may lead.				
<b>55</b>	Stand on a stable object jump down from an 18-24-inch height without assistance using a two-footed take off and landing.				
<b>56</b>	Walk on tiptoes for 5 steps with hands on hips and without heels touching the floor.				
<b>57</b>	Walk on tiptoes for entire length of a 4in x 8-foot walking line with hands on hips and without heels touching the floor.				
<b>58</b>	Hop in place for _____ hops				
<b>59</b>	Hop _____ times on the dominant foot				
<b>60</b>	Hop forward _____ hops on one foot, and then _____ on the other				
<b>61</b>	Hop a distance of _____ feet in _____ seconds				

Comments: