

## Standing on one leg

### Stands on preferred foot for 3-5 seconds



- Head up
- Body weight through one leg
- May use arms out to side for balance
- May wobble, but able to recover without putting foot down



- Cannot take whole body weight through one leg
- Windmilling arms
- Falls over
- Very wobbly
- Requests or reaches for support
- Hops around
- Puts foot down before required time is reached

### Can stand on either leg for 8-10 seconds



- Head up
- Body weight through one leg
- May use arms slightly for balance
- Very little wobbling



- Cannot take body weight through one leg
- Windmilling arms
- Falls over
- Requests or reaches for support
- A lot of wobbling
- Asks or reaches for support
- Hops around
- Puts foot down before required time is reached
- Cannot complete task on both legs

## Can stand on either leg for 15-20 seconds



- Head up
- Body weight through one leg
- Arms by side
- Very little wobbling



- A lot of wobbling
- Puts foot down to steady
- Cannot take bodyweight through one leg
- Windmilling arms
- Falls over
- Requests or reaches for support
- Hops around
- Puts foot down before required time is reached
- Cannot complete task on both legs

