

Name: _____

Partner's Name: _____

Rubric:
3-4 = Clearly Indicated; clearly evident
1-2 = Somewhat Indicated; somewhat evident
0 = Not Clearly Indicated; not evident

Directions: Using the specific poses below, please call out *one pose at a time* to your partner to have them perform it for **3-10 seconds**. Complete the following checklist below to the best of your ability. Please do not count off for areas relating to **flexibility** (heels cannot reach the ground), **strength** (using knees), or **balance** (have to put their foot down). Please observe for areas relating to **alignment** (wrists over shoulders), and **appropriate placement** (back foot turned).

Poses	Cue 1	Score	Cue 2	Score	Cue 3	Score
Kneeling Lunge	<i>Front knee not past front ankle</i>		<i>Shoulders dropped away from ears</i>		<i>Wrists in alignment with shoulders</i>	
Spinal Balance	<i>Flat back; abdominals pulled in</i>		<i>Arms & legs hip/shoulder height</i>		<i>Back foot is flexed (toe pointed down)</i>	
Warrior I	<i>Back foot turned 45-90 degrees</i>		<i>Hips square and facing forward</i>		<i>Front knee bent and in alignment with ankle</i>	
Pyramid	<i>Big toes in alignment</i>		<i>Hips are square and level</i>		<i>Chest is reaching for thigh (head dropped)</i>	
Sunbird	<i>Flat back; abdominals pulled in</i>		<i>Action foot is flexed; flat to the ceiling</i>		<i>Neck flexes; nose to knee</i>	
Standing Spinal Twist	<i>Reaching through the crown of head; standing tall</i>		<i>Rear arm is in alignment with shoulder</i>		<i>Bent knee is lifted to hip height</i>	
Table Top	<i>Fingers are facing heels</i>		<i>Head is neutral or lightly tucked (not fallen back)</i>		<i>Feet are hip width apart</i>	
Frog	<i>Knees apart</i>		<i>Ankles in alignment with knees (90 degrees)</i>		<i>Head resting on hands (eye gaze down)</i>	
	Total:		Total:		Total:	

Total Score (all cues & poses): _____/96