

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
Sunflowers	<i>Toes turned out; heels in alignment</i>		<i>Flat back; neutral spine (hip hinge)</i>		<i>Arms reaching down (sweep ground or just above)</i>	
Cat/Cow	<i>Shoulders over wrists; knees under hips</i>		<i>Lifts head up for cow; drops belly (concave in the back)</i>		<i>Chin to chest for cat; lifts upper back to sky</i>	
Chest Expansion	<i>Feet hip width apart</i>		<i>Fingers either clasped or use of a strap; arms are straight</i>		<i>Hip hinge; arms follow</i>	
Monkey	<i>Hands placed on shins</i>		<i>Flat back; neutral spine</i>		<i>Shoulders away from ears</i>	
Triangle	<i>Heels in alignment; front foot faced forward, back foot turned 45-90 degrees</i>		<i>Lower arm is placed on the inside of the ankle or on floor</i>		<i>Reaching arm is in alignment with shoulder</i>	
Warrior III	<i>Back foot is flexed (toes facing down)</i>		<i>Hips are square & level</i>		<i>Arms and leg in alignment with shoulders & hips(level)</i>	
Superman	<i>Arms are extended in alignment with shoulders; palms facing floor</i>		<i>Legs lifted from mid-thigh (toes, knees & lower leg should not be touching floor)</i>		<i>Neutral neck/spine (looking down)</i>	
Dead Bug	<i>Feet are flexed</i>		<i>Knees are wider than hips</i>		<i>Grasping big toe or hands placed on hamstrings</i>	
	Total:		Total:		Total:	

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