

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
<b>Downward Dog</b>	<i>Starfish hands (fingers apart)</i>		<i>Tailbone lifted (triangle shaped body)</i>		<i>Legs hip- width apart</i>	
<b>Upward Dog</b>	<i>Feet only touching floor (and hands)</i>		<i>Shoulders away from ears; Crown of head is reaching</i>		<i>Shoulders over wrists</i>	
<b>Standing Lateral Flexion</b>	<i>Feet shoulder-width apart</i>		<i>Lower hand placed on hips or along upper leg</i>		<i>Palm faced in; straight arm throughout movement</i>	
<b>Side Angle</b>	<i>Front knee not past ankle; Heels in alignment</i>		<i>One hand placed on thigh or inside lead leg ankle</i>		<i>Opposing arm is straight and reaching for wall or ceiling</i>	
<b>Dancer</b>	<i>Grasping rear leg from the inside ankle</i>		<i>Opposing arm is reaching forward &amp; straight</i>		<i>Hinge from hips (neutral back)</i>	
<b>Dolphin</b>	<i>Forearms resemble triangle (elbow pointed out)</i>		<i>Tailbone reaching for ceiling</i>		<i>Fingers interlaced</i>	
<b>Twisting Chair</b>	<i>Knees are firmly together</i>		<i>Hips are pushed back (knees barely past ankles)</i>		<i>Opposite elbow to opposite knee (prayer or extended arms)</i>	
<b>Camel</b>	<i>Knees are hip-width apart</i>		<i>Hands are placed on lower back or reaching for ankles</i>		<i>Chin is tucked or head remains neutral (not fallen back)</i>	
	<b>Total:</b>		<b>Total:</b>		<b>Total:</b>	

**Total Score (all cues & poses): \_\_\_\_\_/96**