

Skill Assessment 4

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
Moonflower	<i>Heels in alignment; toes pointed out</i>		<i>Lengthen back (neutral spine)</i>		<i>Palms out, elbows in on decent</i>	
Crocodile	<i>Elbows narrow and hugging ribs</i>		<i>Body is lifted inches off of the ground (may use knees)</i>		<i>Neck is long (gaze and eyes are looking down)</i>	
Reverse Warrior	<i>Back foot is turned 45-90 degrees; heels in alignment</i>		<i>Elevated arm is in alignment with shoulder; palm faced in</i>		<i>Eye gaze is at elevated arm (looking up)</i>	
Airplane	<i>Neutral and elongated back (flat)</i>		<i>Palms facing down and parallel with upper body</i>		<i>Hinging from the hips</i>	
Standing Balance Pigeon	<i>Bent knee is placed on opposing knee (top) and foot is flexed</i>		<i>Neutral back; hip hinge</i>		<i>Hands placed in prayer position at heart center</i>	
Incline Plank	<i>Fingers pointed towards heels</i>		<i>Shoulders over wrists</i>		<i>Head is in alignment with neck or chin tucked (not falling back)</i>	
Twisting Lunge	<i>Front knee over ankle</i>		<i>Twisting to opposing knee (hands at heart center or one inside ankle & other reaching)</i>		<i>Rear leg is straight (either kneeling or elevated)</i>	
Big Toe Hold	<i>Big toe or arch of foot is grasped (fingers or strap)</i>		<i>Opposing hip (not involved) remains anchored against the mat</i>		<i>Nose to knee to begin, then extend to side</i>	
	Total:		Total:		Total:	

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