

PEER AND SELF-EVALUATION OF SUN SALUTATION

Name: _____ Peer evaluator: _____

Place an X next to each of the correctly completed steps.

 X = Mastery of skills.

 = Needing review and help.

Pose	Self-evaluation	Peer evaluator
Mountain	Mountain <u> </u> I stand up straight. <u> </u> I place my feet together. <u> </u> I hold my hands in prayer fashion.	Mountain <u> </u> Stands up straight. <u> </u> Feet together. <u> </u> Hands in prayer fashion.
Back extension	Back extension <u> </u> I raise my arms up over my head. <u> </u> I arch my back slightly.	Back extension <u> </u> Raises arms up overhead. <u> </u> Arches back slightly.
Forward bend	Forward bend <u> </u> I bend forward. <u> </u> I bring my hands toward the floor. <u> </u> I keep my knees slightly bent and let my head hang relaxed.	Forward bend <u> </u> Bends forward. <u> </u> Brings hands toward the floor. <u> </u> Keeps knees slightly bent and allows head to hang relaxed.
Lunge	Lunge <u> </u> I reach my right leg back. <u> </u> I bend my left leg into a lunge.	Lunge <u> </u> Reaches the right leg back. <u> </u> Bends the left leg into a lunge.
Plank	Plank <u> </u> I place my left leg back next to the right. <u> </u> I straighten my body into plank pose.	Plank <u> </u> Places left leg back next to the right. <u> </u> Straightens the body into plank pose.
Upward-facing dog	Upward-facing dog <u> </u> I slightly bend my upper torso. <u> </u> I look up until my arms are straight.	Upward-facing dog <u> </u> Slightly bends upper torso. <u> </u> Looks up until arms are straight.
Downward-facing dog	Downward-facing dog <u> </u> I push back into downward-facing dog. <u> </u> My head rests between my shoulders. <u> </u> My heels are planted on the ground.	Downward-facing dog <u> </u> Pushes back into downward-facing dog. <u> </u> Head rests between shoulders. <u> </u> Heels planted on the ground.
Lunge	Lunge <u> </u> I move my right leg forward until it rests on the floor between my hands.	Lunge <u> </u> Moves right leg forward until it rests on the floor between hands.
Forward bend	Forward bend <u> </u> I bring my left leg back to forward bend.	Forward bend <u> </u> Brings left leg back to forward bend.
Mountain	Mountain <u> </u> I bring my hands down in front of my chest.	Mountain <u> </u> Brings hands down in front of chest.
Total number of checks	<u> </u> /20	<u> </u> /20