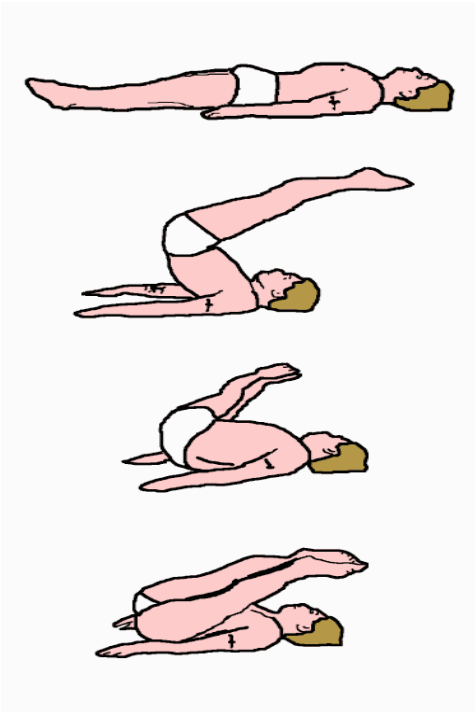


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Corkscrew
Critical Instances	Personal Execution
 <p>Lie on your back in neutral spine, with your arms by the sides of your body. Exhale and slowly raise your legs and overhead. Keep the arms by the sides of the body and ensure that the shoulders are pulled down towards the back. Inhale when you reach the top point of the movement. Exhale and let the legs create a semicircle together in the air. Repeat this movement. Make certain to keep a continuous even flow to your movements and work each side of the body evening.</p> <p>Work towards raising the torso up and overhead with the legs. Slowly bring your torso and buttocks back down on the floor as you complete the semicircle. As your tailbone touches the floor, slowly inhale and repeat the movement, lifting your legs and torso above your head and this time making the semicircle in the opposite direction.</p>	