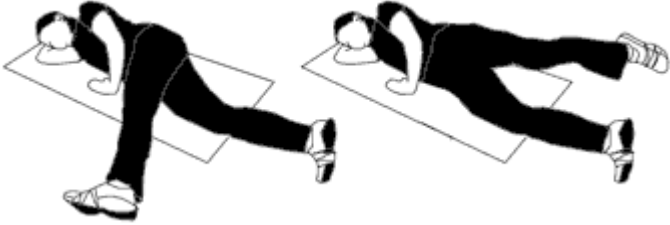


Movement and Relaxation Pilates Skill Assessment

Name:	skill: Side-lying Front and Back Kicks
Critical Instances	Personal Execution
 <p>Begin lying on your side with the torso and head lined up along the back edge of the mat. Flex the hips slightly so the feet line up with the front edge of the mat. Support the head on the hand with the arm on the mat and the other hand in front of the chest. Keep the shoulders and the hips stacked on top of each other and the spine straight. The bottom leg can be parallel or turned out with the bottom foot flexed and the toes tucked under. Maintain this position throughout the movement.</p> <p>Lift the top leg a few inches off the bottom leg and turn it out as far as it will go without losing the stacked hip position. Your toes and kneecaps will face forward. Slightly reduce the amount of turnout, and maintain this position throughout the movement.</p> <p>Inhale and kick a long leg forward and pulse for two beats. Reach a long leg back and pulse it for two beats. Switch sides.</p>	