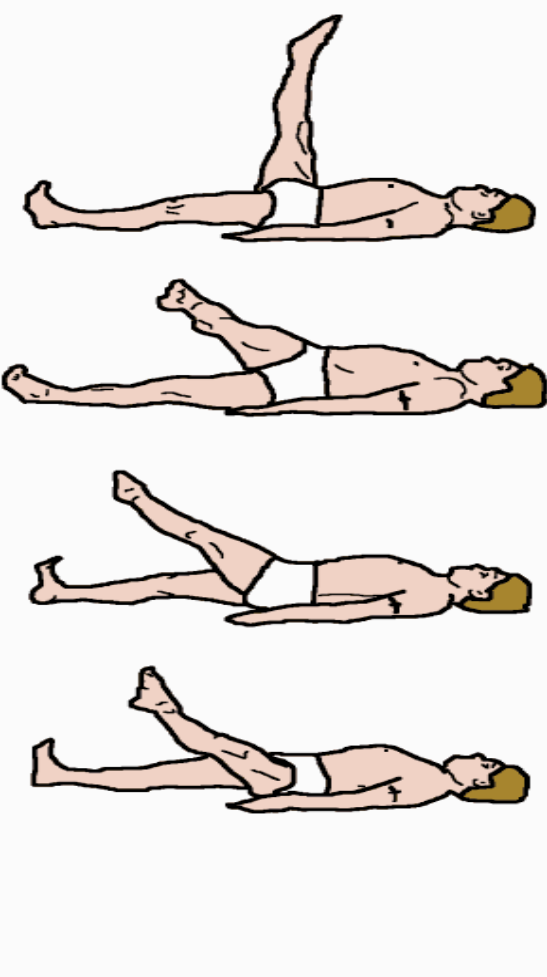


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Single Leg Circle (supine)
Critical Instances	Personal Execution
 <p>Begin in a supine position with the arms at the sides of the body. Keep the back flat (imprinted) throughout the movement. Lift the right leg up toward the ceiling while maintaining a level hip (hip bones should be level with each other). Anchor the lower leg to the mat. Inhale and circle the leg in the air to the side, then down, (exhale) other side and up. Inhale first half of each leg circle, exhale second half of each leg circle. Breathe in and cross the leg over the body to the opposite shoulder. Breathe out and circle the leg down and around to the start. Use a pointed toe to draw imaginary circles on the ceiling. Continue for X times. Switch legs. Repeat circles with the other leg up.</p>	