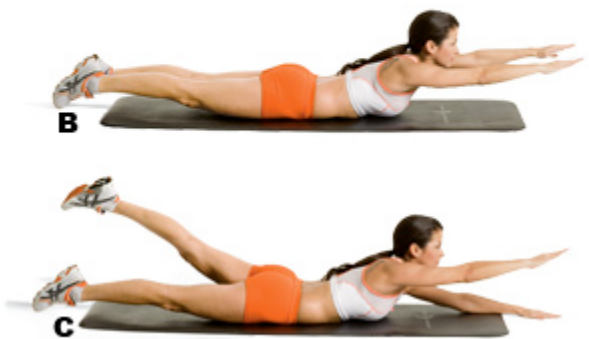


Movement and Relaxation Pilates Skill Assessment

Name:	Skill: Swimming
Critical Instances	Personal Execution
 <p data-bbox="77 777 751 1024">Begin in prone position. Extend arms overhead and legs extended from body. Reach one leg and the opposite arm out and up toward the ceiling. Reach the legs out first, then up. Switch the arm and leg quickly without losing the balance on the center of the torso. Keep the rhythm even through all four limbs. Avoid rocking the hops from side to side.</p>	