

STUDENT _____

CLASS _____

YOGA ASSESSMENT CHECKLIST

PHYSICAL

- _____ Able to balance on different bases of support
- _____ Able to balance on a wide/narrow base of support
- _____ Able to recover from moving off balance
- _____ Able to balance in different body shapes and levels
- _____ Able to perform a balance sequence
- _____ Able to perform inverted balances
- _____ Able to balance symmetrically and non-symmetrically
- _____ Able to travel into and out of balances

MENTAL

- _____ Understands definition of terms

COOPERATIVE

With Peers:

- _____ Provides creative input toward strategies
- _____ Shows respect
- _____ Treated with respect

With Teacher:

- _____ Arrives to class prepared in a timely manner
- _____ Uses feedback in a positive manner
- _____ Questions and seeks answers from multiple sources