

STUDENT NAME:

DATE:

POSTURE	THINGS TO OBSERVE	NOTES
Head	Chin forward, neutral, or back	
Upper back	Shoulders slumped, normal, or overextended	
Lower back	Pelvis tucked, normal, or tilted	
Pelvis	Tucked, neutral, tilted	

FUNCTIONAL ASSESSMENT	THINGS TO OBSERVE	NOTES
Plié	Knees over toes, rolling in or out, maintaining posture	
relevé	Control, height of Demi pointe, ankles straight, knees straight	
Passé	Peel foot off the floor, weight transfer without hip movement, active working leg and foot	

FOOT ASSESSMENT	THINGS TO OBSERVE	NOTES
Toe to wall test	Distance from big toe to wall keeping heel down	
Pointe range	Angle of foot in relationship to leg, measured in +/- degrees	
Big toe extension	Joint range should be 90 degrees with no pain	

CORE STABILITY	THINGS TO OBSERVE	NOTES
Leg slides	For all exercises, look for gripping, holding breath, neck tension, flared ribs, flattening or arching of lower back.	
Single knee raises		
Double knee raises		
Knee open to side		

TEACHER RECOMMENDATION: