

Aspect	Approaching expectations	Meets expectations	Fully meets expectations	Exceeds expectations
Balance	Student frequently loses balance regardless of side.	Student may wobble when attempting to balance. May be stronger on one side	Student able to balance with relative ease (either foot) and maintain pose.	Student able to hold a balance on either side with ease for an extended period of time.
Posture	Student has difficulty placing hands/feet or achieving correct body alignment without guidance from instructor.	Student understands/ follows correct positioning of hands/feet and alignment of body with some reminders from instructors.	Student understands/ follows correct positioning of hands/feet, proper relational alignment of body parts in poses.	Student understands/ follows correct positioning of hands/feet, proper relational alignment of body parts in poses, and is able to self-correct issues.
Participation	Student does not attempt all poses; does not show desire or enthusiasm to join the rest of the class in practice.	Student attempts all poses but may not put in effort to (safely) challenge self and increase their ability.	Student demonstrates enthusiasm, attempts all poses to best of ability, and asks for clarification when needed.	Student is enthusiastic and responds to suggestions for ways to extend their understanding of poses and their practice.
Safety	Students are aware of their surroundings and proximity to others. They listen to their body and aware of personal limitations. Students are listening to their instructor's instructions			