

Peer Evaluation of Skill: Scissors Exercise

Name: _____

Date: _____

Partners Name: _____

Class Period: _____

Students Information: You will be working with a partner. In this lesson you will advise the learning of your partner in the Pilate’s scissor exercise. This exercise includes both the lifting of the spine as well as bringing the spine back to the mat. This exercise will strengthen the core and tone the entire body. One person will be the Doer first the other the Observer. The Doer performs the movements listed below and read by the Observer. The Observer reads the instructions and offers positive and corrective feedback to the Doer.

Objective: The student will perform the Pilates scissors exercise six times in a row on a mat following form demonstrated by the instructor.

Directions:

1. You will work with a partner.
2. One of you will be the Doer, one the Observer.
3. Stand next to your partner in a position in which you can observe he/she performing the Scissors.
4. The observer will read the instructions below while the Doer will perform the Pilates Scissors exercise.
5. Go to a practice area; make sure you have enough room.
6. The Doer will perform the exercise while Observer watches and provides feedback to the doer.
7. The Observer will also have the responsibility of checking the Yes or No boxes below according to the performance exhibited by the Doer.
8. Make sure to switch roles with your partner upon completion of 10 attempts at the Scissors.
9. Complete this Task Sheet on the 10th performance by your partner.
10. You will repeat the lesson until you receive a “yes” response on all check boxes.

Scissors Exercise	YES	NO
Lay on the mat with your back flat against the mat.		
Place hands flat on the floor next to your body to support your weight.		
Bring knees into chest and extend legs straight up in the air. Point toes towards the sky.		
Extend the legs straight up into the air, with the toes pointing towards the sky. Try to keep the legs as straight as possible.		
Back and spine should form a 90 degree angle with the legs in the air.		
Slowly bring legs up until they are above your head.		
Lift the spine off the ground.		
Place hands against your lower back to provide support to the lower back while performing the Scissors.		
Move the left leg towards the head while moving the right leg down towards the mat.		
The movement of the legs will resemble the movement of a pair of scissors.		
Return Spine to the Mat	YES	NO
Inhale and exhale as you move the right leg towards the head and the left leg towards the mat.		
Slowly bring your spine towards the mat, one vertebra at a time.		
Continue this alternating leg exercise until you reach a count of 10.		