

POWER STANDARD 1: I Can Move Correctly

Name: _____

Yoga pose	Proficient	Effective	Ineffective
Tree			
Dancer			
Triangle			
Warrior			
Downward-facing dog			
Leaning stick			
Upward-facing dog			

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).