

POWER STANDARD 1: I Can Move Correctly**BIOMECHANICAL PRINCIPLE BINGO**

Name: _____

_____ I have acquired the knowledge necessary to identify and demonstrate competency in motor skills for lifetime sports.

_____ I am able to identify movement patterns and biomechanical principles in a variety of lifetime sports.

Choose 16 principles in sport and human movement from this list (one for each space on your bingo board). For each one, draw a picture, print a picture from the Internet, or cut out a picture from a magazine.

Twisting power

Stepping power

Weight transfer

Stepping in opposition

Torque

Follow-through

Acceleration

Deceleration

Force absorption

Force production

Momentum

Sideways oppositional stance

Tracking

Body alignment

Eye coordination

Foot coordination

Targets

Rhythm

Balance

Ready position