

POWER STANDARD 2: I Can Train Myself and Others**GRAPHIC ORGANIZER**

Name: _____

Please fill in as many benefits of exercise as you can for each column.

Physical benefits	Mental benefits	Health benefits	Social benefits	Aging-related benefits

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