

POWER STANDARD 1: I Can Move Correctly**SELF- AND PEER EVALUATION**

Throwing accuracy	Name:		Partner name:	
	Met standard	Continue working	Met standard	Continue working
Stand sideways to target.				
Step with front foot with opposition.				
Transfer weight back to front.				
Bend throwing arm to 90°.				
Generate twisting power from torque.				
Follow through to opposite thigh.				

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