

**POWER STANDARDS 1-6: I Can Train Myself and Others and I Am Fit****I AM A PHYSICALLY EDUCATED PERSON**

Name: \_\_\_\_\_

Fill in the best examples of each.

Standard 1: I can move correctly	Standard 2: I can train myself and others	Standard 3: I participate regularly	Standard 4: I am fit	Standard 5: I can play fairly	Standard 6: I value PE and fitness

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