

POWER STANDARD 1: I Can Move Correctly**SKILL SCAFFOLDING**Name: **Answer Key**

Please correctly identify five biomechanical principles in the top row and define each one in the next row.

Opposition	Weight transfer	Torque	Tracking	Follow-through
<i>Getting sideways to the ball or object; stepping right, throwing left</i>	<i>Shifting side to side, forward to backward, or backward to forward</i>	<i>Twisting power, hips turning</i>	<i>Eye contact on target, eye sighting object to hit, finding a beat, moving to get into correct position, body alignment</i>	<i>Connecting your dots, allowing the motion to continue without pause until it gets to its ending point</i>

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