

POWER STANDARD 1: I Can Move Correctly**SELF-REFLECTION**

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.

Please explain how you meet or exceed the standard. In your answer, it will be important to include your knowledge and application of the five biomechanical principles, sport-specific skills that we have learned and refined, and movement concepts in games and sport (offensive and defensive strategies). Because you are proving to the reader that you meet or exceed this standard, it is critical that you use many examples, both general and specific.