

**POWER STANDARD 1: I Can Move Correctly****METACOGNITION**

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

Please answer the following questions in your own words.

1. Why is it important to know the biomechanical principles?
2. How can knowing these principles help you in other activities?
3. How can knowing these principles help correct errors you might make?
4. List three fitness benefits and two biomechanical principles with an example of each for \_\_\_\_\_.

Fitness benefit	Fitness benefit	Fitness benefit	Biomechanical principle with example	Biomechanical principle with example

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