

POWER STANDARD 1: I Can Move Correctly**SKILL SCAFFOLDING**

Name: _____

Skill: _____

For each biomechanical principle please write how you were able to demonstrate each. The teacher will provide feedback on each principle through observation of the skill.

Opposition	Weight transfer	Tracking	Torque	Follow-through
Feedback	Feedback	Feedback	Feedback	Feedback

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