

POWER STANDARD 1: I Can Move Correctly

Biomechanics of Human Movement

1. Step in opposition	Stepping power, sideways oppositional stance
2. Weight transfer	Momentum, generating force, shifting weight
3. Tracking	Eye on object, body alignment, targets, rhythm and beat recognition
4. Torque	Twisting power from core, hips, and shoulders
5. Follow-through	Connecting the dots, ball and racket control
6. Acceleration	Speeding up, force production, low to high
7. Deceleration	Slowing down, force absorption, high to low
8. Balance	Stabilization, control, ready position

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