

POWER STANDARDS 1 AND 2: I Can Move Correctly and I Can Train Myself and Others

SPORT SKILLS AND BIOMECHANICAL PRINCIPLES

Name: Jefferson Hay

Fill in the best examples of each.

Principle	Catching	Throwing	Kicking	Striking
Balance	<i>Ready position</i>	<i>Ready position</i>	<i>Ready position</i>	<i>Ready position</i>
Weight transfer	<i>Catch in front and bring toward body.</i>	<i>Back to front.</i>	<i>Kicking leg back and land forward.</i>	<i>Back to front.</i>
Opposition	<i>Catch ball in throwing position.</i>	<i>Step leg is opposite to throwing arm.</i>	<i>Planted leg is opposite to extended arm.</i>	<i>Step leg is opposite to striking arm.</i>
Tracking	<i>Eyes on object you are catching.</i>	<i>Eyes on target.</i>	<i>Eyes on target.</i>	<i>Eyes on target.</i>
Torque	<i>Bring ball to throwing side of body.</i>	<i>Twisting power in core and hips.</i>	<i>Twisting power with swinging leg to ball.</i>	<i>Twisting power in core and hips.</i>

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