

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

## YOGA AND BIOMECHANICAL PRINCIPLES

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Fill in the best examples of each.

Principle	Tree pose	Warrior pose	Modified pigeon	Half moon
Balance	<i>Balance on one leg.</i>	<i>Keep weight evenly distributed because you are leaning.</i>	<i>Balance on your hip with one leg back.</i>	<i>Balance on both legs.</i>
Weight transfer	<i>Weight is equally distributed; no weight transfer.</i>	<i>Transfer weight so one knee is flexed.</i>	<i>Lean over your bent leg to increase stretch.</i>	<i>Lean in one direction to increase stretch in your side.</i>
Opposition	<i>Raise opposing arm to balancing leg.</i>	<i>None.</i>	<i>Grab your leg with your opposing arm.</i>	<i>None.</i>
Tracking	<i>Focus on one spot.</i>	<i>Focus on one spot with head turned.</i>	<i>Focus on a balancing spot.</i>	<i>Focus on one spot with head tilted.</i>

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