

**POWER STANDARD 1: I Can Move Correctly**Name: Tomomi Cho

Yoga pose	Proficient	Effective	Ineffective
Tree	X		
Dancer	X		
Triangle	X		
Warrior	X		
Downward-facing dog	X		
Leaning stick	X		
Upward-facing dog	X		

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