

**POWER STANDARD 1: I Can Move Correctly****OFFENSE, DEFENSE, OR BOTH**

Name: \_\_\_\_\_

For each question, write the answer that best describes that particular strategy: *offense*, *defense*, or *both offense and defense*.

	1. Making the field as large as you can, providing depth and width
	2. Minimizing the mistakes made within the game; no turnovers, no interceptions, and so on
	3. Being hard to guard, moving on the field; V-cuts, zigzag runs, hooks, changes in speed and direction
	4. Staying compact and shrinking the space
	5. Putting pressure on your opponents
	6. Zone and person-to-person are examples
	7. Smart, clear communication

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