

POWER STANDARDS 1 AND 2: I Can Move Correctly and I Can Train Myself and Others**YOGA AND BIOMECHANICAL PRINCIPLES**

Name: _____

Fill in the best examples of each.

Principle	Tree pose	Warrior pose	Modified pigeon	Half moon
Balance				
Weight transfer				
Opposition				
Tracking				

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