

POWER STANDARD 1: I Can Move Correctly**SKILL SCAFFOLDING**

Name: _____

Please circle the best description of each biomechanical principle.

Opposition	Weight transfer	Torque	Tracking	Follow-through
Balancing on one foot	Stepping power	Moving low to high	Eye on the object	Momentum
Throw right, step left	Ready position	Adjusting speed	Moving in all directions	Rhythm in motion
Left arm, left leg	Watching object	Twisting power	Getting sideways	Connecting the dots

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