

POWER STANDARDS 1-6: I Can Train Myself and Others and I Am Fit

I AM A PHYSICALLY EDUCATED PERSON

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Fill in the best examples of each.

Standard 1: I can move correctly	Standard 2: I can train myself and others	Standard 3: I participate regularly	Standard 4: I am fit	Standard 5: I can play fairly	Standard 6: I value PE and fitness
<i>Biomechanical principles</i> <i>Sport skills such as throwing, catching, yoga poses, lifting weights</i> <i>Safety and technique</i>	<i>FITT principle</i> <i>SPORT model</i> <i>Fitness components</i>	<i>Daily what that looks like</i> <i>Weekly what that looks like</i> <i>Outside of PE, on weekends, and summers</i> <i>How often, how long, and exertion level</i>	<i>As it relates to fitness testing</i> <i>As it relates to fitness components</i> <i>Past, current, and future fitness levels</i> <i>SMART goals</i>	<i>Spirit of the game</i> <i>Self-officiating</i> <i>Things you say</i> <i>Motivation and inclusion</i> <i>Fun</i>	<i>Why you value PE: you love to run, feel good after you exercise, participate with friends, exercise at least 5 times a week, sign up for community fitness events, encourage others to work out, commit to your health and fitness</i>

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