**Move to Improve: Think and work toward skill refinement.**

**Move to Improve Self-Analysis**

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

Name of Activity/Learning Task: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**List two ways that you can focus on movement in space to improve performance in this activity.** Provide specific examples.

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**List two ways you can focus on spatial relationships to improve performance in this activity.** Provide specific examples.

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**List two ways you can focus on effort (time, force, flow) to improve performance in this activity.** Provide specific examples. *Note: effort from a personal responsibility perspective is important for improvement, but it is a different concept.*

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