



MOVEMENT CONCEPTS: SELF ANALYSIS

Move to improve: Think and work toward skill refinement.

Move to Improve Self-Analysis

Student Name: _____

Name of Activity/Learning Task: _____

List two ways you can focus on your body's movement in space to improve performance. Provide specific examples.

1. _____

2. _____

List two ways you can focus on form to improve performance. Provide specific examples.

1. _____

2. _____

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

1. _____

2. _____

