

Vista del Lago High School

Physical Education Dept.

Fitness 2

FINAL EXAM

Analyze A Movement

In groups of no more than three, select a movement of your choice. Your task is to analyze a movement and present your findings to the class using PowerPoint.

Oral Power Point Presentation:

1. Each presentation must be at least two minutes in length.
2. Minimum of eight to ten slides.
3. Email power point presentation to your Fit. 2 Teacher.

Power Point Format:

Slide 1 Title page (Title of Presentation, Your Name, Fitness 2, & Block #)

Slide 2 Diagram or picture of your movement

Slide 3 How to execute your movement

Slide 4 Muscles used in your movement

Slide 5 Describe how Newton's 1st Law of Motion is used to execute your movement

Slide 6 Describe how Newton's 2nd Law of Motion is used to execute your movement

Slide 7 Describe how Newton's 3rd Law of Motion is used to execute your movement

Slide 8 Sited resources