**Functional Screen Assignment**

**You can receive credit for this assignment in two ways.**

1. **Preform Functional Movement Screen at Peak Sports and Spine.**

**Sammamish Plateau/ Klahanie**
4550 Klahanie Drive SE
Issaquah, WA 98029

**Peak Sports has offered to do a free functional movement screen for our class.**

**Monday Oct 9th at 6-6:30.**

**This is a very unique opportunity to see how you can improve your athletic performance.**

**You get one PE make up for preforming each test.**

1. **Functional Screen written assignment. Write a one page paper that explains each one of the tests in a functional movement screen 10 pts**

**Preform all of these tests outside of class.**

**Have someone take 3 pictures of each test that you preform**

**Rate your skill level from 1,2,3 as you preform each test. Comment on how your images of your test support your answers.**

**One page per Test that includes pictures and analysis. 10 points per page.**

**Due Oct 17th 80 pints**