**What the Asymmetry?**

*Play the video under this activity. During this video, three trials will be played. After each trial is played, answer the following questions.*

First Trial: From looking at this video, do you think the landing was symmetrical or asymmetrical? If it was asymmetrical, which foot landed the hardest?

Second Trial: From looking at this video, do you think the landing was symmetrical or asymmetrical? If it was asymmetrical, which foot landed the hardest?

Third Trial: From looking at this video, do you think the landing was symmetrical or asymmetrical? If it was asymmetrical, which foot landed the hardest?