

POWER STANDARD 1: I Can Move Correctly**BIOMECHANICAL PRINCIPLE
MOTOR SKILLS ASSESSMENT**Name: Ryan BertEvaluator (peer, teacher, self): Frankie Summers

Tracking, stepping in opposition (stepping power), weight transfer (momentum and acceleration), torque (twisting power), and follow-through (speed and accuracy)

Motor Skills in Tennis

X = meets standard.

– = needs improvement.

Forehand

 X Ready position, tracking

 X Step in opposition

 X Torque

 – Connect the dots, follow through

Backhand

 X Ready position, tracking

 – Step with front foot

 X Torque

 X Connect the dots, follow through

Serve

 X Racket to knee

 X Racket to back of room or fence, palm down

 – Racket to shoulder, back-scratch position

 X Racket to ceiling or sky, contact ball out in front

 – Racket to opposing knee, follow through