

POWER STANDARD 1: I Can Move Correctly**TENNIS FOREHAND GROUNDSTROKE**Name: **Russell Hill**

Opposition	Weight transfer	Torque	Tracking	Follow-through
<i>Swing right, step left; swing left, step right.</i>	<i>Weight follows racket to gain stepping power.</i>	<i>Turn hips and shoulders to target, twisting toward target.</i>	<i>Keep your eye on the ball, contact of ball and racket, body alignment staying to the side of the ball.</i>	<i>Cross midline of body, racket over opposing shoulder.</i>

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).