

**POWER STANDARD 1: I Can Move Correctly****BIOMECHANICAL PRINCIPLE  
MOTOR SKILLS ASSESSMENT**

Name: \_\_\_\_\_

Evaluator (peer, teacher, self): \_\_\_\_\_

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**

- \_\_\_\_\_ Ready position, tracking
- \_\_\_\_\_ Step in opposition
- \_\_\_\_\_ Torque
- \_\_\_\_\_ Connect the dots, follow through

**Backhand**

- \_\_\_\_\_ Ready position, tracking
- \_\_\_\_\_ Step with front foot
- \_\_\_\_\_ Torque
- \_\_\_\_\_ Connect the dots, follow through

**Serve**

- \_\_\_\_\_ Racket to knee
- \_\_\_\_\_ Racket to back of room or fence, palm down
- \_\_\_\_\_ Racket to shoulder, back-scratch position
- \_\_\_\_\_ Racket to ceiling or sky, contact ball out in front
- \_\_\_\_\_ Racket to opposing knee, follow through