

**POWER STANDARD 1: I Can Move Correctly****TENNIS PEER ASSESSMENT: FOREHAND  
GROUNDSTROKE**Name: Lindsay AllisonEvaluator (peer, teacher, self): Katie Noelle**Motor skills in tennis**

X = meets standard.

– = focus area.

Assessment 1		Assessment 2
<b>Ready position: Early preparation</b>		
X	Weight on balls of feet; good base of support	X
X	Proper grip (shake hands)	X
–	Racket above waist	X
<b>Backswing: Getting sideways</b>		
X	Racket up, back, and around; the C swing	X
X	Body turned sideways	X
X	Front shoulder perpendicular to net	X
<b>Swing: The swing is the thing</b>		
X	Stepping with the opposite foot, weight transfer, and opposition	X
X	Eyes on ball; pointing to ball; tracking	X
X	Uses twisting power; turning hips and shoulders toward the net; torque	X
<b>Contact</b>		
X	Contacts ball out in front of body; two o'clock	X
X	Racket at waist level	X
X	Racket face is parallel to net	X
<b>Follow-through: Connecting the dots</b>		
–	Racket swings over to front shoulder	X
X	Back foot comes around	X
X	Back to ready position; ending position	X
<b>Result: The three ball controls</b>		
X	Ball goes over net: height	X
X	Ball lands in backcourt: depth	X
X	Ball goes to intended target: direction	X