

POWER STANDARD 1: I Can Move Correctly**TENNIS PEER ASSESSMENT: FOREHAND
GROUNDSTROKE**

Name: _____

Evaluator (peer, teacher, self): _____

Motor skills in tennis

X = meets standard.

– = focus area.

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