

**POWER STANDARD 1: I Can Move Correctly****TENNIS**

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

Please circle the best choice for each of the biomechanical principles.

Opposition	Weight transfer	Torque	Follow-through	Tracking
Swing right, step right	Stepping power	Stepping power	Connect the dots—racket finishes on opposite shoulder	Eye or hand points to the ball
Swing with left hand and step with right foot	Swing with right hand and twist left hand	Swing with right hand and twist left hand	Racket ends up on same shoulder	Hips face the ball
Step in direction of your shot	Twisting power	Twisting power	Racket finishes low	Swing at the ball
Follow your shot	Follow-through	Follow-through		

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