

## POWER STANDARD 1: I Can Move Correctly

### SKILL SCAFFOLDING

Name: Answer Key

Skill: Tennis forehand

For each biomechanical principle please write how you were able to demonstrate each. The teacher will provide feedback on each principle through observation of the skill.

Opposition	Weight transfer	Tracking	Torque	Follow-through
<i>Holding my racket in my right hand, I stepped with my left foot.</i>	<i>I stepped forward toward the ball when it approached.</i>	<i>I kept my eye on the ball and aligned my body to keep the ball on the right side of me.</i>	<i>I twisted my hips and shoulder to create power on the ball during my swing.</i>	<i>My swing ended with my right hand and racket over my left shoulder.</i>
Feedback	Feedback	Feedback	Feedback	Feedback
<i>Yes, you stepped in opposition.</i>	<i>Yes, you stepped forward to the ball, shifting your weight forward.</i>	<i>You were able to connect with the ball—your tracking was successful.</i>	<i>I observed the hips and shoulders rotating, initiating your power.</i>	<i>You were able to finish your swing in the correct position with the racket over your shoulder, elbow properly placed.</i>

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