



PHYSICAL EDUCATION

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

TENNIS

IMPORTANT INFORMATION

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Assessment of practical student performance in Physical Education

Authentic assessment must include tasks that are worthwhile, significant and meaningful, as well as involve the ongoing process of recording, monitoring and reflection to assist learning, monitor learning, set learning goals and help identify further practice opportunities in order for these to be achieved. Final assessment at the end of a teaching unit on the selected activity may be completed through monitoring of progress together with formalised assessment tasks.

When assessing students' performance in a practical context, a teacher should refer to observation points for individual and game skills in the selected activity.

Assessment of **individual skills**

Observation points for a skill must be taken into account holistically rather than by focussing on a detailed anatomy of its parts before deciding on a mark. It is essential that when assessing individual skills, observations reflect the quality of a student's movement when performing. The teacher must take into account four elements in the demonstration of a skill: consistency; precision; fluency; and control.

Final assessment of the skill performance and level of attainment will be guided by the achievement standards for the appropriate year level as set out by the School Curriculum and Standards Authority.

Breaking of sport specific rules

When students are taught and given opportunities to practise and use various skills in a competitive scenario, the teacher should indicate to the student if a rule is consistently broken while performing the skill, e.g. stepping on the base line when serving. If, at the time of assessment, a student consistently breaks the rules of the sport, but who otherwise performs at a particular standard, should have one mark deducted for each rule that is consistently broken.

Assessment of **game/competition skills**

Tactical situations or problems appropriate to the year group should be identified before assessment of students' performance. This may include defence or offence skills depending on the activity being assessed. Game pressure, pace, skill and intensity of opponent and teammates, playing area, environmental conditions etc. may affect performance and should be taken into account when assessing game/competition skills.

The teacher must take into consideration that contact, or possession, which provide the opportunity for individual skill assessment accounts for only a small percentage of game time. Most game time is spent in movement and performance of tactical/strategic skills 'off the ball'.

Assessment should typically take into account the totality of game play, including the dynamic and changing situations associated with game play, by considering tactical products and processes which form part of the total composition of game/competition performance.

The range of marks or assessment scale will be determined by the teacher but must reflect expected achievement standards for that year group.

Individual skills – marks allocation	
A mark is allocated to the level of performance demonstrated consistently for each skill across a variety of practice drills and scenarios.	
6	Observation points across all phases of a skill are demonstrated over a number of attempts. Performance is fluent and control of the body, racquet and/or the ball is maintained throughout the execution of the skill.
5	Performance consistently reflects the majority of the observation points of a skill and is performed with some fluency. Control of the body, racquet and/or the ball is maintained.
4	Performance is mostly efficient with the ability to correct some errors during execution of a skill. The body, racquet and/or the ball are controlled during the majority of the performance.
3	Performance is somewhat effective while demonstrating most observation points, occasionally performing each skill with some fluency and control. Overall reflects an adequate skill level.
2	Achieves some success when performing a skill but commits a number of errors with respect to execution and control. Sometimes reflects an adequate skill level.
1	Performs with significant errors and minimal control. Rarely demonstrates an adequate skill level.
0	Minimum skill level is not demonstrated

Individual skills

First serve – flat, slice and top-spin
Return of serve – forehand, single-handed backhand and double-handed backhand
Groundstroke – forehand, single-handed backhand and double-handed backhand
Approach shot – forehand and backhand
Net volley – forehand and backhand
Backhand slice
Backhand drop shot
Forehand top-spin lob
Overhead

First serve – flat, slice and top-spin

Preparation

- Grip: Continental
- Serving stance: perpendicular to the net, front foot is angled towards the net post, and back foot behind the front, parallel to the baseline
- Non-hitting hand supports the ball and throat of the racquet

Execution

Backswing

- Shoulders rotate, hands split, bodyweight transferred onto the back foot
- Tossing arm raises up towards the net post and leads the hitting arm
- The palm of the hitting hand remains down facing the ground before the hitting arm bends to provide for a fluent throwing motion

Forward swing

- Bodyweight transfers to the front foot through leg drive
- Hips uncoil followed by the shoulders (or trunk)
- Elbow extends and racquet follows an upward and outward swing path with the upper arm and forearm rotating outward
- Tossing arm tucks in close to the body to allow for continued acceleration of dominant arm
- Shoulders align more vertical than horizontal at impact with the eyes focusing on the impact point

Impact

- Flat serve: ball contact made in line with front foot and in front of the body
- Slice serve: ball contact is made in line with the front foot and in front of the body, with the racquet contacting the outside of the ball
- Top-spin serve: ball contact is made to the non-hitting side of the front foot and in front of the body

Completion

Follow-through

- Racquet head decelerates and finishes on the opposite side of the body
- Natural upper arm internal rotation and forearm pronation complete the action
- Landing completed on the front foot

Outcome

- Ball successfully lands in opponent's service box

Return of serve – forehand

Preparation

- Grip: eastern forehand, semi-western forehand or western
- Stance: knees are slightly flexed, sound support base is assumed
- Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand

Execution

Backswing

- Commenced with circular motion
- Hitting hand positioned between the shoulders and hips, with non-dominant hand balancing the backward trunk rotation
- Shoulders rotate further than the hips (to create a separation angle)
- Racquet and hand are still visible on the hitting side of the body
- Back knee is flexed

Forward swing

- Legs extend and body segments uncoil (with hips rotating to face the net at impact), intending to transfer body weight forwards
- Racquet and hand drop below the ball and racquet is swung with abbreviated (i.e. short and compact), low to high trajectory

Impact

- Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

Follow-through

- Racquet decelerates across the body
- Relaxation at the elbow

Outcome

- Ball successfully returned to opponent's court

Return of serve – single-handed backhand

Preparation

- Grip: eastern backhand
- Stance: knees are slightly flexed
- Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand
- Non-hitting hand to initiate grip change

Execution

Backswing

- Hitting arm remains slightly flexed and commences a circular swing
- Shoulders rotate further than the hips (to create a separation angle)
- Back knee is flexed in preparation of forward body weight transfer

Forward swing

- Arms separate
- Legs extend, weight is transferred to the front foot and body segments uncoil
- Racquet and hitting hand drop below the ball and racquet is swung with a low to high trajectory (and shortened, circular swing)

Impact

- Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Hips and shoulders remain perpendicular to the net
- Wrist and forearm remain stable

Completion

Follow-through

- Hitting arm continues to extend out and up through the impact zone, facilitating racquet deceleration
- Non-hitting arm straightens: hand to hand forms a line
- Hitting shoulder finishes high
- Hips open slightly to begin recovery

Outcome

- Ball successfully returned to opponent's court

Return of serve – double-handed backhand

Preparation

- Grip: hitting hand – eastern backhand; non-hitting hand – eastern forehand
- Knees are slightly flexed
- Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand
- Non-hitting hand to initiate grip change

Execution

Backswing

- Hitting arm remains slightly flexed; non-hitting arm is similarly flexed and raised
- A short, compact circular swing is commenced
- Shoulders rotate further than the hips (to create a separation angle)
- Both knees are flexed

Forward swing

- Legs extend, weight is transferred to the front foot and body segments uncoil (i.e. hips and shoulders are facing the net at impact)
- Both arms work in unison to generate maximum amount of power through a short and compact swing
- Racquet and both hands drop below the ball and racquet is swung with a low to high trajectory

Impact

- Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

Follow-through

- Arms extend fully through impact and finish high
- Racquet decelerates accordingly

Outcome

- Ball successfully returned to opponent's court

Groundstroke – forehand/Approach shot – forehand

Preparation

- Grip: eastern forehand, semi-western forehand or western
- Stance: knees are slightly flexed to assume a sound support base
- Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand
- Approach shot: balanced and neutral shoulder-head alignment is maintained

Execution

Backswing

- Commences in a circular motion
- Hitting hand positioned between the shoulders and hips, with non-dominant hand balancing the backward trunk rotation
- Shoulders rotate further than the hips (to create a separation angle)
- Racquet and hand are still visible on the hitting side of the body
- Back knee is flexed
- Approach shot: dynamic movement to the ball

Forward swing

- Legs extend and body segments uncoil in sequence (i.e. hips and then shoulders rotate to face the net at impact)
- Racquet and hand drop below the ball and racquet is swung with a low to high trajectory

Impact

- Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

Follow-through

- Racquet decelerates across the body
- Hitting shoulder finishes high
- Approach shot: dynamic movement toward the target

Outcome

- Ball successfully lands in opponent's court

Groundstroke – single-handed backhand/Approach shot – backhand

Preparation

- Grip: eastern backhand
- Stance: knees are slightly flexed
- Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand

Execution

Backswing

- Hitting arm remains slightly flexed and commences a circular swing
- Shoulders rotate further than the hips (to create a separation angle)
- Back knee is flexed with stance perpendicular to the net
- Approach shot: dynamic movement to the ball

Forward swing

- Arms separate
- Legs extend, weight is transferred to the front foot and body segments uncoil in sequence
- Racquet and hitting hand drop below the ball and racquet is swung with a low to high trajectory

Impact

- Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

Follow-through

- Hitting arm continues to extend out and up through the impact zone, facilitating racquet deceleration
- Non-hitting arm straightens: hand to hand forms a line
- Hitting shoulder finishes high
- Hips open slightly to begin recovery
- Approach shot: dynamic movement toward the target

Outcome

- Ball successfully lands in opponent's court

Groundstroke – double-handed backhand

Preparation

- Grip: hitting hand – eastern backhand; non-hitting hand – eastern forehand
- Knees are slightly flexed
- Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand

Execution

Backswing

- Hitting arm remains slightly flexed; non-hitting arm is similarly flexed and raised
- A compact circular swing is commenced
- Shoulders rotate further than the hips (to create a separation angle)
- Both knees are flexed with the stance generally perpendicular to the net
- Approach shot: dynamic movement to the ball

Forward swing

- Legs extend, weight is transferred to the front foot and body segments uncoil in sequence
- Both arms work in unison to generate maximum amount of power
- Racquet and both hands drop below the ball and racquet is swung with a low to high trajectory

Impact

- Racquet face is vertical creating a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

- Follow-through
- Both arms extend fully through impact and finish high
- Racquet decelerates accordingly
- Hips open slightly to begin recovery
- Approach shot: dynamic movement toward the target

Outcome

- Ball successfully lands in opponent's court

Net volley – forehand

Preparation

- Grip: continental to eastern forehand
- Stance: knees are slightly flexed
- Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand

Execution

Backswing

- Slight shoulder turn with hitting arm remaining in front of hitting shoulder
- Balanced and neutral shoulder-head alignment is maintained
- Length of swing is compact but dependent on time available and intent of shot

Forward swing

- Knees/hips extend and left foot steps forward to transfer weight through the volley
- Racquet head is above the wrist; strings move along a horizontal line and the racquet face is vertical, creating a longer hitting zone
- Head remains stable with eyes focused on impact point

Impact

- Ball is contacted in front of the body
- Wrist and forearm remain stable

Completion

Follow-through

- Racquet follows path towards the target
- Deceleration of body weight to recover

Outcome

- Ball successfully lands in opponent's court

Net volley - backhand

Preparation

- Grip: continental to eastern backhand
- Stance: knees are slightly flexed
- Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand
- Non-hitting hand initiates any grip change

Execution

Backswing

- Shoulders aligned horizontally to the ball path
- Balanced and neutral shoulder-head alignment is maintained
- Dominant arm remains slightly flexed; non-hitting arm provides racquet head stability with the elbow raised
- Racquet head is kept above the wrist; strings in line with the path of the ball

Forward swing

- Arms separate
- Knees/hips extend and right foot steps forward to transfer weight through the volley
- Racquet head is kept above the wrist; racquet face is vertical creating a longer hitting zone
- Head remains stable and eyes focused on contact point

Impact

- Ball-racquet impact occurs in front of the body
- Wrist and forearm remain stable

Completion

Follow-through

- Racquet follows path towards the target
- Non-hitting arm straightens and remains back: hand to hand forms a line
- Deceleration of body weight to recover

Outcome

- Ball successfully lands in opponent's court

Backhand slice

Preparation

- Grip: eastern backhand or continental
- Stance: knees are slightly flexed
- Racquet in a neutral position (elbows away from the body) with support provided by the non-hitting hand

Execution

Backswing

- Hitting arm remains slightly flexed and non-hitting arm is similarly flexed and raised to provide racquet head stability
- Shoulders rotate at least as far as the hips
- Back knee is flexed with stance perpendicular to the net

Forward swing

- Legs extend, weight is transferred to the front foot and body segments uncoil in sequence (with hips and shoulders remaining perpendicular to the net)
- Hands/arms separate
- Racquet head remains above the wrist

Impact

- Racquet is accelerated in a shallow 'U' shape (high-low-high forward swing) trajectory with its face staying vertical creating a longer hitting zone
- Head remains stable and eyes focused on contact point
- Wrist and forearm remain stable

Completion

Follow-through

- Racquet follows path towards the target
- Non-hitting arm straightens; hand to hand forms a line
- Hips open slightly to begin recovery

Outcome

- Ball successfully lands in opponent's court

Backhand drop shot

Preparation

- Grip: subject to disguise but generally, eastern forehand, eastern backhand or continental
- Knees are slightly flexed

Execution

Backswing

- Hitting arm remains slightly flexed and non-hitting arm is similarly flexed and raised to provide racquet head stability
- Shoulders rotate at least as far as the hips
- Back knee is flexed with stance perpendicular to the net

Forward swing

- Legs extend, weight is transferred to the front foot and body segments uncoil in sequence (with hips and shoulders remaining perpendicular to the net)
- Hands/arms separate

Impact

- Racquet head remains above the wrist and racquet trajectory is high-low
- Head remains stable and eyes focused on contact point
- Wrist and forearm remain stable

Completion

- Follow-through is abbreviated, with the racquet finishing low (at approximately waist height) and pointing in the direction of the shot
- Non-hitting arm straightens: hand to hand forms a line

Outcome

- Ball successfully lands in appropriate area in opponent's court

Forehand top-spin lob

Preparation

- Grip: eastern forehand, semi-western forehand or western
- Stance: knees are slightly flexed to assume a sound support base
- Racquet in a neutral position (elbows away from the body), with support provided by the non-hitting hand

Execution

Backswing

- Commences in a circular motion
- Hitting hand positioned closer to hips than shoulders and with non-dominant hand balancing the backward trunk rotation
- Shoulders rotate further than the hips (to create a separation angle)
- Racquet and hand are still visible on the hitting side of the body
- Back knee is flexed

Forward swing

- Legs extend and body segments uncoil in sequence (i.e. hips and then shoulders rotate to face the net at impact)
- Compared to the forehand groundstroke, the racquet and hitting hand drop further below the ball and with a more pronounced upward racquet swing (greater vertical acceleration). Trunk orientation is more upright

Impact

- Racquet face is vertical for a longer hitting zone with contact made slightly in front of the body
- Head remains stable and eyes focused on impact point
- Wrist and forearm remain stable

Completion

- Arm and racquet extend fully through impact and finish high on follow through
- Racquet decelerates accordingly

Outcome

- Ball successfully lands deep in opponent's court

Overhead

Preparation

- Grip: continental
- Racquet in a neutral position (elbows away from the body) with support and grip change provided by the non-hitting hand

Execution

Backswing

- Right leg moves back for a right-handed player. Body weight is consequently shifted onto the back leg
- Both knees are flexed in preparation for leg drive
- Both arms raised together, racquet is closed with racquet angle at 45°
- Hitting arm is bent to provide for a fluent throwing motion

Forward swing

- Legs fully extend to lead uncoiling of other body parts (i.e. hips and trunk rotate to a position near parallel to the net)
- Elbow extends and racquet follows an upward and outward swing path with the upper arm and forearm rotating outward
- Non-hitting arm tucks in close to the body to allow for continued acceleration of dominant arm

Impact

- Racquet-ball contact made in line with or to the right of the front foot and in front of the body
- Head and shoulders aligned, eyes focused on impact point

Completion

- Racquet head decelerates and finishes on opposite side of the body on follow through
- Natural upper-arm internal rotation and forearm pronation complete the action

Outcome

- Ball successfully lands in opponent's court

Game skills		
Tactical problems	OFFENCE	DEFENCE
Setting up/defending an attack	<ul style="list-style-type: none"> Selects optimal target areas Uses approach and drop shots to set up a tactical advantage Uses serve effectively to set up attack 	<ul style="list-style-type: none"> Returns serve effectively Centres the ball to minimise opponent's attacks
Court positioning	<ul style="list-style-type: none"> Shows perception, anticipation and matches this with appropriate footwork 	<ul style="list-style-type: none"> Shows perception, anticipation and matches this with appropriate footwork Limits opponent's directional changes by choosing appropriate court position
Execution of skills	<ul style="list-style-type: none"> Uses a variety of attacking shots to set up a tactical advantage Uses serve effectively to set up an attacking move 	<ul style="list-style-type: none"> Uses a combination of defensive skills to regain a tactical advantage
Decision making	<ul style="list-style-type: none"> Selects and uses a combination of skills to gain a tactical advantage Changes the rhythm and tactics during the match Instigates winning plays 	<ul style="list-style-type: none"> Selects and uses a combination of skills to regain a tactical advantage including appropriate selection of shots
Subtotal	20	20
Total	40	

Game skills – marks allocation	
A mark is allocated to the level of performance demonstrated consistently for each element of offence and defence.	
5	Performance is consistent in offence and defence under pressure in a variety of competitive situations. Demonstrates the ability to control play and influence opponent's performance. Selection of movement patterns and skills are effective in achieving the intended outcome.
4	Performance is usually effective in a variety of competitive situations under some pressure. Movement patterns and skills are often effective and achieve the intended outcome.
3	Performance is somewhat effective while demonstrating most components with some success. Overall reflects an adequate level of performance.
2	Achieves some success when performing in a competitive situation but commits a number of errors with respect to execution of skills and appropriate decision making. Sometimes reflects an adequate level of performance.
1	Performs with significant errors with respect to execution of skills and appropriate decision making. Rarely demonstrates an adequate level of performance.
0	Minimum level of performance is not demonstrated