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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Mature Critical Elements | Student uses forehand strike and rally for 4 consecutive hits | Racket back and side to target in prep for striking | Ball is contacted at or just below waist level | Maintains adequate swing distance between body and ball (elbow away from body) | Steps into swing or shifts weight onto opposite foot | Swings from a low to a high level | Overall Score | Overall Growth |
| Student | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Pre/Post | Growth |
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**Student Growth Recording**

**Forehand Striking**

0-Critical Element Not Met 1-Critcial Element Met