

TENNIS



KEY INFORMATION

AGE GROUP: YEAR 3-9 **GENDER SPECIFICATIONS:** 5 Boys & 5 Girls

NUMBER IN A TEAM: 10

DESCRIPTION

There will be 5 tasks to complete as part of this challenge. Please record the score for each activity on the score sheet, and the top 10 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



TASK #1:

HOW TO PLAY

Keepy Ups — See how many times you can bounce the ball on a racket without dropping the ball. Time yourself for 60 seconds. Keep your score.

Use a balloon to make it easier or use your hand instead of a racket to keep the balloon in the air.

SCORING

Keep a score of how many you can do in 60 seconds. If you lose control or the ball hits the floor, don't worry just pick up the ball and start again. You don't have to start from zero just carry on counting.

EQUIPMENT

Tennis Racket and Ball

Stopwatch



TASK #2:

HOW TO PLAY

Rally —Count how many times can you hit the ball against a wall allowing only one bounce before hitting it again. Keep your best score.

To make it easier push the ball along the floor using a racket and try to hit the wall as a target.

SCORING

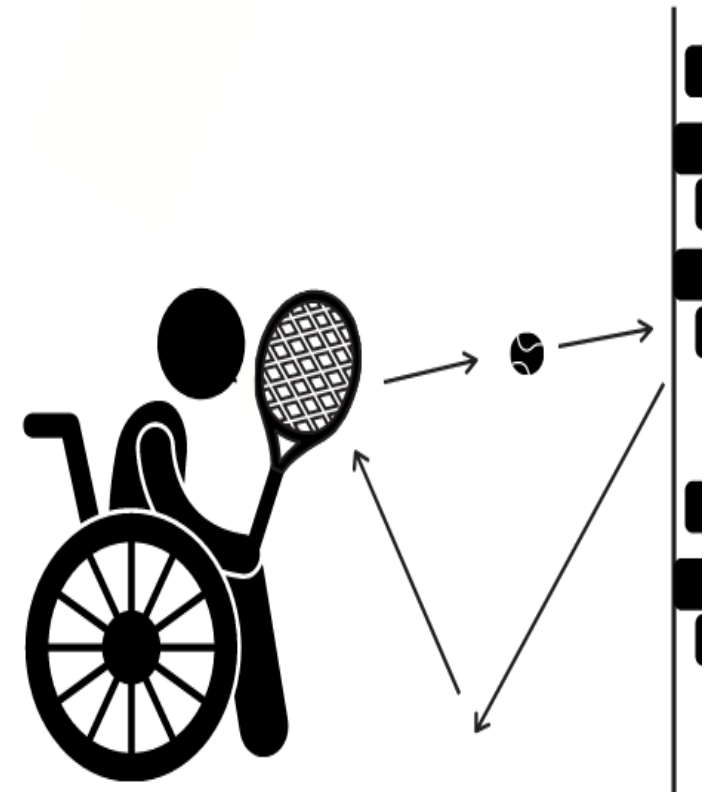
Keep a score of how many you can do in 60 seconds. If the ball bounces twice or you lose control, don't worry just pick up the ball and start again. You don't have to start from zero just carry on counting.

EQUIPMENT

Tennis Racket and Ball

Stopwatch

Wall



TASK #8:

HOW TO PLAY

Volley — How many times can you hit the ball against the wall without a bounce? Keep going until the time runs out.

To make it easier use a balloon or use your hand to hit it against the wall and keep it in the air.

SCORING

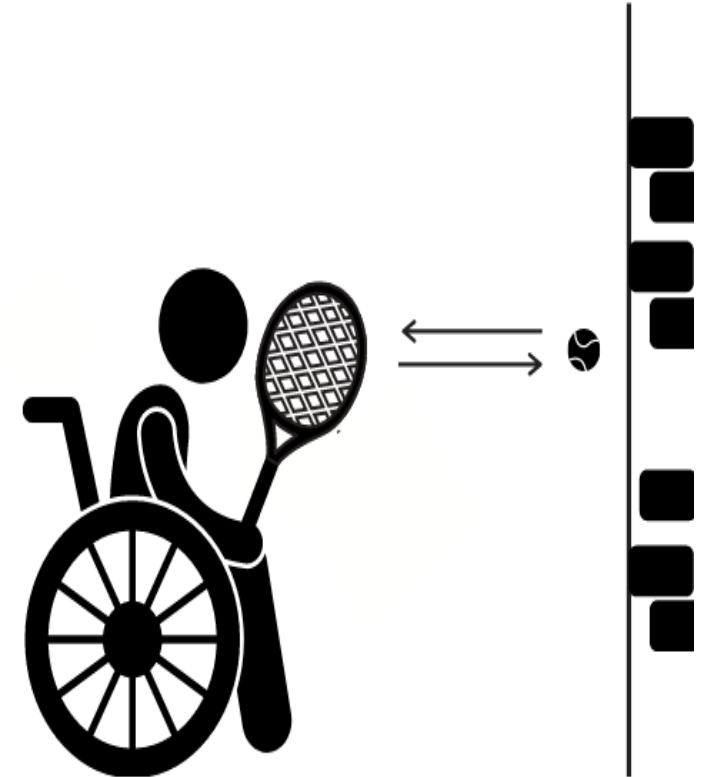
Keep a score of how many you can do in 60 seconds. If the ball touches the floor, don't worry just pick up the ball and start again. You don't have to start from zero just carry on counting the number of volleys.

EQUIPMENT

Tennis Racket and Ball

Stopwatch

Wall



TASK #4:

HOW TO PLAY

Side Steps — Place 2 cones about 4 metres apart and stand in the middle of the cones. Start in the 'ready position' when the timer starts side step to the cone on your right , bend down and touch it then side step to the left cone and again bend down and touch it. Continue until the timer stops.

Make the distance smaller between the cones or further apart if in a wheelchair and just go around each cone.

SCORING:

Count each time you touch a cone. Keep going for 60 seconds and record your score.

EQUIPMENT

Cones x 2

Stopwatch



TASK #5:

HOW TO PLAY

Smash - Place 2 cones one behind the other approx. 5 metres apart. Starting on the back cone run forwards to the front cone and jump in the air then run backwards to the starting cone. Keep going until the timer stops.

Make the distance shorter between the cones or further apart if in a wheelchair, instead of a jump reach arms up to the sky.

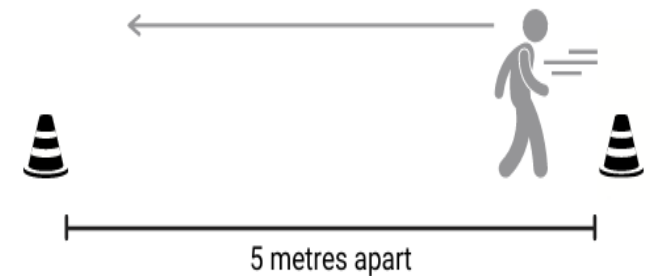
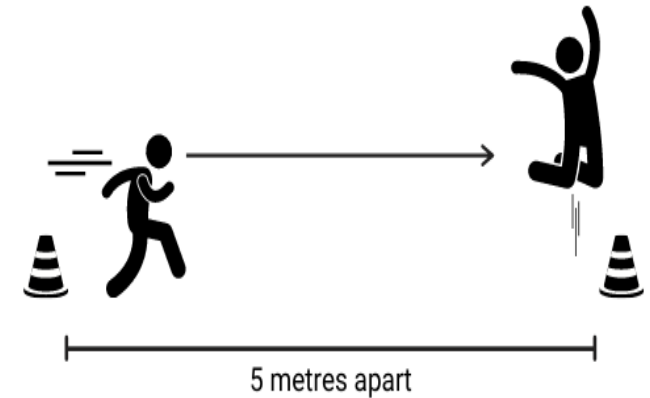
SCORING:

There and back counts as 1, keep going for 60 seconds and see how many you can do.

EQUIPMENT

Cones x 2

Stopwatch



INCLUSIVE

Keepy Ups - Use a balloon to make it easier or use your hand instead of a racket to keep the balloon in the air.

Rally - Push the ball along the floor using a racket and try to hit the wall as a target.

Volley - Use a balloon and your hand to hit it against the wall and keep it in the air.

Side Steps - Make the distance smaller between the cones or further apart if in a wheelchair.

Smash - Make the distance shorter between the cones or further apart if in a wheelchair, instead of a jump reach arms up to the sky.

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIRIT OF THE GAMES VALUES

SELF BELIEF

HONESTY



