

For additional challenges and ideas on how to keep physically active visit www.letsgetahead.co.uk or @nlschoolsport

GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

PRIMARY

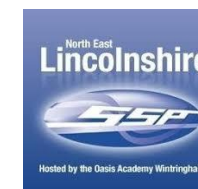
TENNIS

#stayinworkout
#stayhomestayactive

THIS RESOURCE HAS BEEN PRODUCED
USING RESOURCES AND IDEAS FROM



RESOURCE PRODUCED
IN PARTNERSHIP WITH



TENNIS

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview
Hand Ball Rally

Equipment needed

- ✓ 2 Markers to identify the recovery position
- ✓ 1 larger ball

School Games value



TUESDAY CHALLENGE

! Personal Challenge

Activity overview
Switch Catch

Equipment needed

- ✓ 2 Balls

School Games value



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview
Tennis Serve Challenge

Equipment needed

- ✓ 1 Ball (*be creative if you don't have a Tennis Ball – use socks or tape*)
- ✓ A Tennis Racket (*a frying pan? Table tennis bat? An old hardback book cover?*)
- ✓ 5 -10 soft targets

School Games value



THURSDAY THINKING

! Problem solving

Activity overview
Pirate Catch

Equipment needed

- ✓ 1 Ball (*be creative if you don't have a Tennis Ball – use socks or tape*)
- ✓ A Tennis Racket (*a frying pan? Table tennis bat? An old hardback book cover?*)

School Games value



FRIDAY FUN

! Virtual competition

Activity overview
High 5 Rally
two options to choose from!

Equipment needed

- ✓ 1 Ball (*be creative if you don't have a Tennis Ball – use socks or tape*)
- ✓ A Tennis Racket (*a frying pan? Table tennis bat? An old hardback book cover?*)

PRIMARY TENNIS

MONDAY MOVERS



30mins

! Physical Literacy/Skills



ACTIVITY

Handball Rally

- With a big ball, stand facing your partner a few metres apart.
- Roll the ball along the floor to your partner and shout out 'RIGHT' or 'LEFT'.
- Using the palm of their hand, your partner should push the ball back to you using the correct hand you shouted out!
- After a few goes, switch roles
- Try to make sure you push the ball back with your palm in front of your shoes.
- After you push the ball back – recover back to a central position (use a marker as a reminder!).
- If you want more of a challenge, the person rolling and calling 'RIGHT' or 'LEFT' should aim at the wrong side and call for the other side – making it harder for the person pushing the ball back.

MAKE IT EASIER...

- Shorten the distance between players.
- Use a larger ball.
- Any part of the hand can be used.

MORE OF A CHALLENGE

- Introduce a footwork challenge for the person pushing it back – they have to stop the ball, move around it, and then push it back using the same hand!
- You could also place markers or goals for the pusher to aim for and give a points system – make it into a competition!

MAKE IT INCLUSIVE

- This could be adapted to a table top activity for wheelchair or powerchair users.

LEAD OTHERS

- If you have younger siblings – why not act as the activity leader and play this game with them?

EQUIPMENT NEEDED

- 2 Markers to identify the recovery position
- 1 larger ball



How can you demonstrate teamwork throughout this challenge?

PRIMARY TENNIS

TUESDAY CHALLENGE



30mins

! Personal Challenge



ACTIVITY

Switch Catch

- Stand facing opposite your partner, close together.
- Both players will need a ball – if you don't have a Tennis ball, use any type of ball you have at home that will bounce!.
- Stand with feet wide apart and knees bent (ready position).
- Each player holds the ball out in front, shoulder height, with straight arms.
- One player will count down... 3, 2, 1 GO.
- At the same time, both players drop their balls and then try to catch their opponents ball after just one bounce.
- After 10 Switch Catches, introduce a new rule; players must throw the ball up sideways or forwards/backwards instead of dropping it straight down – make your opponent move to the ball!
- What other rules can you make?

MAKE IT EASIER...

Use a larger ball instead of a Tennis ball.
Throw the ball directly upwards to give more time for players to get ready to catch or allow more than one bounce!

MORE OF A CHALLENGE

Make your partner move to the ball instead of just dropping straight down.
Further progress by touching the floor before catching!

MAKE IT INCLUSIVE

Wheelchair or powerchair users could adapt the game to be played on a table top, at a height accessible for them.

LEAD OTHERS

Let children be creative and introduce their own rules!

EQUIPMENT NEEDED

- 2 Tennis balls – or any type of ball that will bounce.



How can you demonstrate self belief throughout this challenge?

PRIMARY

TENNIS

WEDNESDAY
WORKOUT



30mins

! [Links to numeracy/literacy](#)



ACTIVITY

Tennis Serve Challenge

- Gather some targets from around your house – teddy bears, action figures, toy cars, books, food cans – be creative!
- Place 10 'targets' at different heights on your stairs, giving different points for different targets. Make a note of the scoring system.
- Decide how many attempts each player should have, a good start would be 5.
- A player should then kneel down at the bottom of the stairs with a bat (optional) and a ball. This could be just the palm of your hand and a rolled up pair of socks!
- Throw the item up to then hit with the 'bat' towards the objects on the stairs
- This game is a great practice for lob and serving shot practice.
- It will encourage players to judge height and distance, improving accuracy!
- Make this game into a maths challenge by creating some different scoring rules i.e. the first target you hit is your base number, the second target is what you times your first number by; the third target hit is taken away from your current score; fourth target is then doubled and then added to your total and finally; the 5th target hit is the number you divide your current score by!

EQUIPMENT NEEDED

- 5-10 targets
- Pair of rolled up socks or small ball
- One racquet – frying pan? Table Tennis bat?



How can you demonstrate **determination** throughout this challenge?

MAKE IT EASIER...

Bring the targets closer and avoid using the top stairs
Play this game without stairs – just place targets on the floor or garden.

MORE OF A CHALLENGE

Use smaller targets.
Use harder maths questions during the scoring system.

MAKE IT INCLUSIVE

Play this game in the living room and place targets on the floor instead of using the stairs.

LEAD OTHERS

Let children create their own scoring questions and systems.

PRIMARY TENNIS

THINKING
THURSDAY



30mins

! Problem Solving

ACTIVITY

Pirate Catch

- Stand facing your partner a few metres apart with a big ball.
- Your partner underarm throws a ball to you shouting 'RIGHT' or 'LEFT'.
- Catcher has to move and try catch the ball after one bounce standing on one leg only, the one your partner called out.
- Catcher then bounces the ball and catches with both hands, throwing it back to the partner whilst still balancing on one leg!
- Try to catch the ball in front of your shoes and return to a central position before the other person gets the ball back. You could use a floor marker to remind you.
- Remember to switch roles after a few attempts.
- Introduce a smaller ball (tennis ball if possible) and a bat (tennis racquet)
- Try to catch the ball on your racquet, after a bounce, standing on one leg only (the one your partner called out!).
- Then drop the ball off your racquet and hit it back to your partner whilst staying on one leg.

EQUIPMENT NEEDED

- A large ball
- A tennis ball – or rolled up socks
- One racquet – frying pan? Table Tennis bat?



How can you demonstrate passion throughout this challenge?



MAKE IT EASIER...

Allow more bounces before catching.
Come closer together.

MORE OF A CHALLENGE

Remove the bounce, players must catch on the full.

MAKE IT INCLUSIVE

Allow more bounces if player is a wheelchair user – thrower to make throws higher to give more time.

LEAD OTHERS

Children to call out 'RIGHT' or 'LEFT' for parents/adults.

PRIMARY

TENNIS

FRIDAY FUN



30mins

! Virtual competition

ACTIVITY

HIGH 5 RALLIES

- With a racquet each, stand facing your partner a few metres apart.
- Your partner has to drop the ball in front of their shoes, and then tap it up after the bounce towards you.
- You have to catch the ball – if successful, that's a rally of 1.
- Now you drop the ball in front of your shoes and tap it up, after the bounce, towards your partner – they tap it back to you – and then you catch. That's a rally of 2.
- Continue until someone makes a mistake!

What is your highest scoring rally?

Check out the two variations of the HIGH 5 RALLIES – watch the LTA videos here:



EQUIPMENT NEEDED

- Two Racquets (palm of hands is fine!).
- One Ball – tennis ball, larger ball... as long as it bounces! Rolled up socks could be used if you remove the bounce.

GET AHEAD

PARTNERSHIP

EDUCATION. SPORT. WELLBEING



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.