



Shropshire and Telford & Wrekin Virtual School Games

TENNIS

Achieve the challenge: Complete the 3 tennis challenges and record your results

HOW TO PLAY

Challenge 1:

Bounce the ball on the ground.
How many bounces in 30 seconds?

Challenge 2:

Bounce the ball in the air.
How many bounces in 30 seconds?

Challenge 3:

Under arm serve, can you hit the target? How many times can you hit the target out of 10 attempts from a 5m distance?

EQUIPMENT:

Racket or Alternative | Some sort of ball | Bin or bucket | Stop-watch



VIDEO LINKS

Challenge 1:
<https://youtu.be/dnnvfVwvPVo>

Challenge 2:
<https://www.youtube.com/watch?v=jQPhdik3nRY>

Challenge 3:
https://www.youtube.com/watch?v=ITDS_zamyS4



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SPORT
TRUST

#TennisChallenge



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TENNIS

SAFETY:

Ensure you have enough space
Be aware of your surroundings and remove anything breakable.

CHANGE IT UP:

See if you can hit the ball so it bounces higher in the air.
Move the target closer or further away.

KEY SKILLS:

Striking—Throwing—Agility —Speed—
Accuracy—Concentration

SPIRIT OF THE GAMES:

During the #TennisChallenge we hope to see the following School Games Values on show



Challenge	Score
Bounce the ball on the floor	
Bounce the ball in the air	
Underarm serve at the target	
TOTAL of all 3 challenges	

#VirtualSTWSchoolGames



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