

TENNIS AT HOME SESSION 2 – RECEPTION TO YEAR 3

Here are more adapted tennis related activities for you to try at home. You can do these inside or outside as long as you are in a safe space. Don't forget you can improvise with your equipment – we have seen players using all sorts including cardboard racquets and balloons. Your grown-ups will no doubt be able to help you find something!

ACTIVITY 1

Please watch the short video (Ctrl+click on the logo) demonstrating the activity then give it a try! You can make the activity easier by taking one of the balls away. To make it more challenging you can come up with a different distraction to touching the floor before catching the ball!



ACTIVITY 2

Have a look at the video and have a go! If you find it a bit tricky you can get your partner to roll the ball for you to stop, then pick up the ball before bumping it back. If you want an extra challenge why not try hopping to the ball....good luck! Don't forget you can improvise with a racquet if you haven't got one.



ACTIVITY 3 – HIGH 5 RALLIES

Our third activity is demonstrated in the video, time to have a rally! If you don't have tennis racquets then find something from around your house or use your hands. You could see if you can go longer than 5 shots in your rally or see how many passes you can do in a minute.



Please print this page to be able to complete the activities:

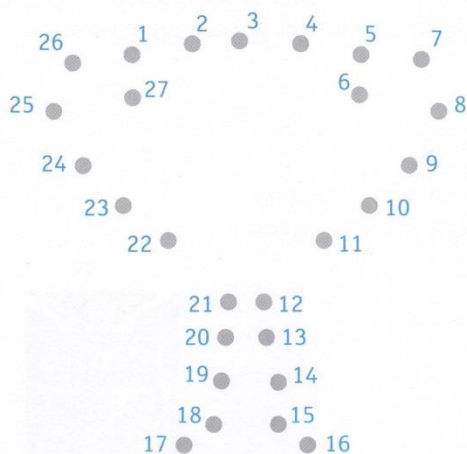
ACTIVITY 4 – SPOT THE DIFFERENCE

Can you circle 6 differences between the 2 pictures?

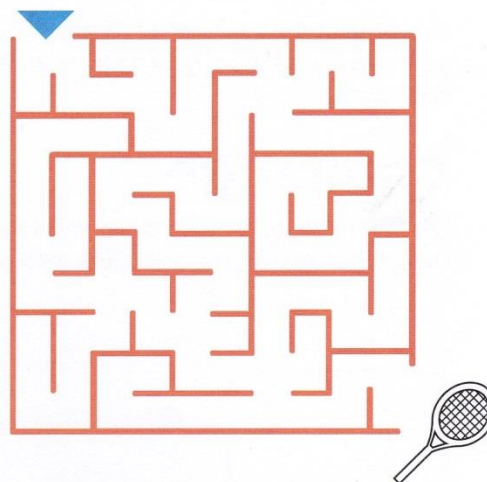


ACTIVITY 5 – DOT TO DOT AND MAZE GAME

Game 1 - Join the dots. What does it make?



Game 2 - Which way to the tennis racket?



We hope you enjoy trying these activities and have lots of fun with your family. If you would like any more information about tennis in our area, or would like some tips for completing the activities you can contact Sam Hull, Head Coach of Biddestone Tennis Club. Just let him know you have been doing the Schools Tennis at Home Activities - sam@connect2sportscoaching.co.uk