

YEAR 5/6 TENNIS CHALLENGE

ACTIVITY 1 – TAP UPS

EQUIPMENT

- Tennis Ball, Sponge ball,
- Tennis Racket / Plastic bat
- Throw down line, cone marker

TOP TIPS

Get ready to move with feet apart and eyes watching the ball

- Control the racket, keep it flat and move it slowly
- Contact the ball at a relaxed distance from the body
- Tap the ball up to head height

SCORING

Time- 60 secs

How many times can you tap the ball on your racket in 60 secs.

BUCKS
AND MK



INSTRUCTIONS

60 Second Challenge Tap Up Tennis

Do you ask for help if you find it hard?

The Physical Challenge

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again!



#StayHomeStayActive

Equipment

A tennis racket and a ball

If you do not have a racket and ball, use a frying pan and a pair of socks!

Achieve Gold

60 Tap Ups



Achieve Silver

45 Tap Ups



Achieve Bronze

30 Tap Ups



CONTACT

The School Games is for **EVERYONE**, To enter or for adaptations please contact your local SGO.



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ACTIVITY 2 – TAP DOWNS

BUCKS
AND MK



EQUIPMENT

- Tennis Ball, Sponge ball,
- Tennis Racket / Plastic bat
- Throw down line, cone marker

TOP TIPS

Get ready to move with feet apart and eyes watching the ball

- Control the racket, keep it flat and move it slowly
- Contact the ball at a relaxed distance from the body
- Tap the ball down at waist height

SCORING

Time- 60 secs

How many times can you tap the ball down to floor with your racket in 60 secs.

INSTRUCTIONS

- Tap the ball down onto the ground
- Keep tapping the ball for 60 secs
- Count how many times you can do this in a row.
- If you miss start again from 1



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ACTIVITY 8 – TARGET SERVE / HIT

BUCKS
AND MK



EQUIPMENT

- Tennis Ball, Sponge ball,
- Tennis Racket / Plastic bat
- A Target / Throw down lines, cone markers

INSTRUCTIONS

Make your 1 m square target 5 metres away from your start point

Serve / hit your ball under arm at your target

Keep serving and scoring for 1 minute

TOP TIPS

Get ready to move with feet apart and eyes watching the ball

- Contact the ball at a relaxed distance from the body

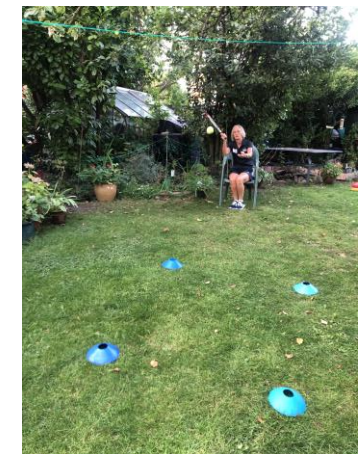
Aim at the target and follow through towards the target

SCORING

Time- 60 secs

How many times can you serve/ hit the ball into the target with your racket in 60 secs.

Score 2 points every time you hit the target



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ACTIVITY 4 – FAST FEET

BUCKS
AND MK



EQUIPMENT

- Tennis Ball, Sponge ball,
- Tennis Racket / Plastic bat
- A Target / Throw down lines, cone markers

INSTRUCTIONS

Make a cross of cones
North/ South/East/West and centre cone.
They need to be 3 metres from the middle cone
Start at the middle red cone and touch each cone
to complete one circuit. Always return to the
middle red cone, red- blue, red- blue.....

TOP TIPS

Get ready to move with feet apart and looking towards the cones
Bend your knees and move with small quick steps between the
cones.
Reach to touch each cone in turn with your hand/ racket



SCORING

Time- 60 secs
How many times can you complete each circuit of
cones in 60 secs.

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YEAR 5/6 TENNIS CHALLENGE

ACTIVITY 5- PARTNER RALLY

BUCKS
AND MK



EQUIPMENT

- Tennis Ball, Sponge ball,
- Tennis Racket / Plastic bat
- A Target /Throw down lines, cone markers

INSTRUCTIONS

You need a tennis ball between 2 players both with rackets.
Stand at least 5m apart and serve underarm to your partner.

TOP TIPS

Get ready to move with feet apart and eyes watching the ball
Contact the ball at a relaxed distance from the body
Aim the ball towards your partners racket



SCORING

Time- 60 secs
How many times can you can rally/ hit with your partner.
Count your highest continuous score within the 60 secs.

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