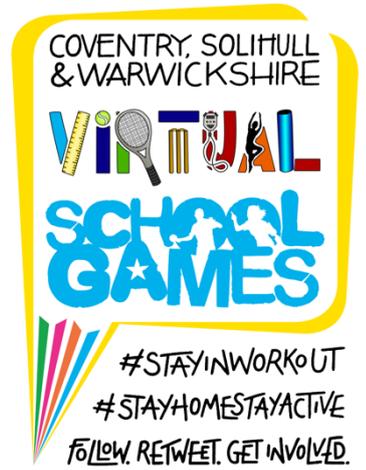


TENNIS

Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to the Think Active webpage www.thinkactive.org/cyp/school-games-virtual-challenge/

Challenge 1 – Target Throw

Equipment –

- 4 tennis balls (or you can use rolled up socks).
- A target (a tea towel, newspaper, hoop or towel).
- A tape measure or ruler to measure the distance between your standing place and the target.
- Something to mark where you'll stand.

Video support - <https://youtu.be/YiGZ4QmfZz0>



- Set up your marker and target according to your age.
- Standing behind the marker, throw the ball to hit the target. Every successful target hit scores 1 point.
- The ball must hit the target first before hitting anything else - do not worry if it rolls off.
- Once you have thrown your first set of 4 balls, you must collect them and continue for 60 seconds.
- Try to throw as quickly and as accurately as possible.

KS1 Yr. 1 & 2 - Target placed 2 metres away
KS2 Yr. 3/4/5 & 6 - Target placed 3 metres away

Recording your score -

You have 60 seconds to make as many accurate throws as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many times you hit the target.

Challenge 2 – Switch

Equipment – 1 tennis ball (or: a small ball, a teddy, or rolled up socks), 2 markers/cones, and a tape measure or ruler to measure the correct distance between your markers.

Video support - <https://youtu.be/YiGZ4QmfZz0>

- Set up your 2 markers **2 metres** apart, and place your ball on top of one of the markers.
- To begin, stand next to the marker with the ball on it.
- When the time starts, pick up the ball and transfer it to your other hand whilst side-stepping to the opposite marker.
- Touch the other marker with the ball to score a point, and continue side-stepping, from marker to marker scoring points, and score as many points as possible in 30 seconds.
- **Ensure throughout the challenge you remain facing forwards, as if looking at your opponent over the net.**



Recording your score -

You have 30 seconds to make as successful transfers as possible. Set up a timer for 30 seconds or ask someone to time you. During the 30 seconds count how many times you complete a transfer.

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@champion.warwickshire.sch.uk

**SUBMIT YOUR
SCORE**

Make sure you join us again next week for the next **Virtual School Games** competition...



Take your final scores from both challenges, and add them together to get your result.

Target Throw + Switch = TOTAL SCORE

Submit your **TOTAL SCORE** via the link – www.surveymonkey.co.uk/r/CSWVirtualTennis

Entries must be submitted by 1pm on Friday 5th June

Participants – All participants will receive an e-certificate via e-mail on completion of each challenge.

Individuals – At the end of each week the top 3 individuals from KS1, KS2, KS3 and KS4 will receive a **£5.00 E-VOUCHER**.

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher**.

DANCE

#STAYINWORKOUT
#STAYHOMESTAYACTIVE
FOLLOW. RETWEET. GET INVOLVED.