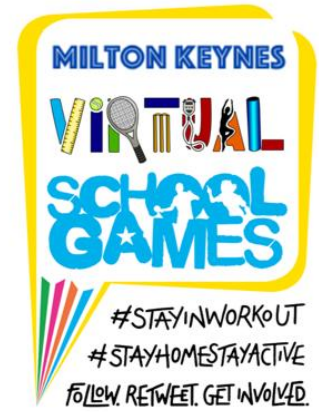


# TENNIS



## 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:

[www.yourschoolgames.com/sgo/mk-north/](http://www.yourschoolgames.com/sgo/mk-north/)

## Challenge 1 – Serve, bounce, catch

### Equipment –

- A tennis ball or a small bouncy ball, a frying pan (or something similar)
- a tape measure/ruler to measure the distance away from the wall that you should stand
- a timer

Video support - [https://www.youtube.com/watch?v=9Dkgx\\_KICnI](https://www.youtube.com/watch?v=9Dkgx_KICnI)



- Standing at least 2 metres away from the wall. You bounce the ball against the ground before making contact with your racket (frying pan!)
- Hit the ball underarm against the wall, allowing the ball to bounce before catching it in your non racket hand.
- Repeat this as many times as possible in 60 seconds
- Only count the successful catches

**MAKE SURE YOU DON'T HIT TOO CLOSE TO ANY WINDOWS!**

### Recording your score -

You have 60 seconds to hit against the wall and make as many successful catches as possible. Set up a timer for 60 seconds or ask someone to time you. During the 60 seconds count how many catches you make.

# Challenge 2 – Volleying against the wall

## Equipment –

- A tennis ball or a small bouncy ball, a frying pan (or something similar)
- a tape measure/ruler to measure the distance away from the wall that you should stand
- a timer

## Video support - [https://www.youtube.com/watch?v=vULHYL\\_qI8s](https://www.youtube.com/watch?v=vULHYL_qI8s)

- Standing at least 1 metre away from the wall.
- Hit the ball underarm against the wall and as it bounces back try to hit the ball again before it touches the ground (a volley)
- Repeat this as many times as possible in 60 seconds
- Only count the successful volleys (i.e. it must hit the racket before touching the ground)



## Recording your score –

You have 60 seconds to complete as many volleys as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many times you can volley the ball against the wall without it touching the ground. If it does do not count that one, but keep going adding together all the successful attempts in 60 seconds

**SUBMIT YOUR  
SCORE**



**#STAYINWORKOUT**  
**#STAYATHOMEACTIVE**  
**FOLLOW. RETWEET. GET INVOLVED.**

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

**Serve, bounce, catch + Volley = TOTAL SCORE**

Submit your **TOTAL SCORE** via the link –

**Entries must be submitted by 1pm on  
Friday 3 July**

**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.**