



VIRTUAL SCHOOL GAMES

Intra School Competition Programme

TENNIS KS2

@TraffordSSP #TraffordVirtualSchoolGames



STATION 1: TENNIS RACKET RELAY

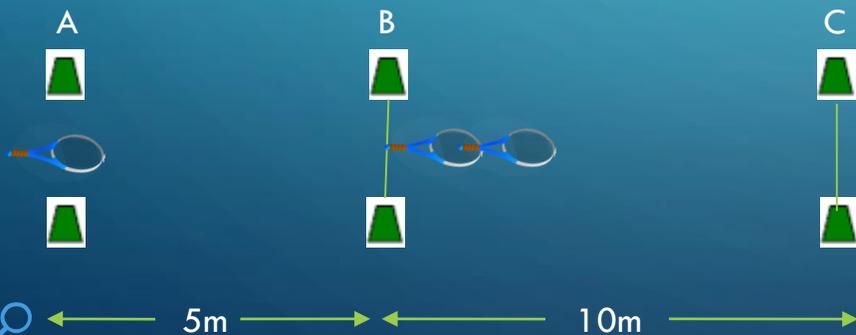


Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: 4 marker cones, 3 tennis rackets, stopwatch
- Place the cones in a straight line 10m apart
- Sports Leaders to co-ordinate and score



Scoring: Record the total number of completed relays achieved by the team in 5 minutes



How to Play

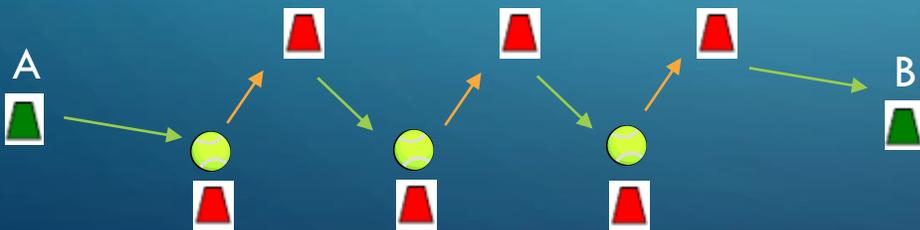
- All players line up in a straight line behind line A
- The first 3 players in line have a Tennis racket each
- Player 1 runs to line B with their racket and places it flat on the ground with the base of the handle touching line B. They then run back and high 5 player 2
- Player 2 runs and places their racket so 1/2 of the handle lies on top of player 1's racket before running back to high 5 the next player.
- Player 3 repeats and high 5's player 4. Player 4 doesn't have a racket so runs and picks up Player 1's racket and re-places it at the front of the line of rackets.
- This continues until the line of tennis rackets crosses line C
- Players then collect all tennis rackets and return to line A to repeat as many times as possible in 5 minutes

STATION 2: ZIG ZAG PICK UP

Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: 8 marker cones, 3 tennis balls, stopwatch
- Place the cones in a zig-zag shape 2m apart and place a ball on 3 cones as shown
- Sports Leaders to co-ordinate and score

 **Scoring:** Record the total number of relays the team completes in 5 minutes



How to Play

- Position 3 players behind both cones A and B facing towards each other
- Player 1 starts from cone A and runs to cone 1, picks up the ball and places it on cone 2
- Continuing to cone 3 picking up the ball and placing it on cone 4, then to cone 5 picking up the ball and placing on cone 6
- They then run to High 5 the first player waiting at cone B who repeats in reverse cones 6>5, 4>3, & 2>1 before high fiving the next player waiting at cone A
- The team then complete as many zig zag relays as they can in 5 minutes
- A test of speed, agility and co-ordination
- Keep low as you approach and pick up the balls then push off your leg towards the next cone

STATION 3: BALANCER / BOUNCER RELAY

Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: 2 marker cones, 1 tennis ball, stopwatch
- Place the cones in a straight line 7m apart as shown
- Sports Leaders to co-ordinate and score



Scoring: Record the total number of relays the team completes in 5 minutes. Do not count any relays where the ball is dropped.



Suggestion: Y3/4 complete the BALANCER relay and Y5/6 complete the BOUNCER relay

How to Play

- Players line up behind cone A in a straight line
- BALANCER: Player 1 places the ball on their tennis racket and travels to and around cone B and back before handing the ball to the next player waiting in line
- The next player completes the same relay and then the team complete as many relays as they can in 5 minutes
- BOUNCER: As per the balancer relay but players should bounce the ball upwards on their racket when completing the relays
- If the ball is dropped at any point during an individual the relay it should be taken back to the start for the next person to have their go
- Players can walk, jog or run but must keep the ball on or bouncing on the racket
- Keep your racket level and still. When bouncing keep it just above waist height and flick your wrist to create bounce

STATION 4: READY POSITION SIDE TAPS

Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: 2 marker cones, tennis racket, stopwatch
- Place the cones in a straight line 4m apart
- Sports Leaders to co-ordinate and score



Scoring: Record the total number of side taps each player completes in 1 minute and calculate the team total.



Ready Position

How to Play

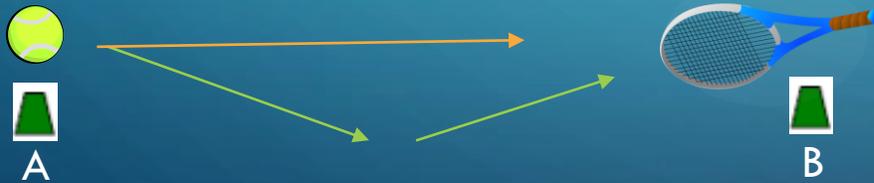
- Players start from a stationary READY position half way between the 2 cones holding the racket with BOTH hands
- Each player has 1 minute to complete as many side taps as possible
- SIDE TAPS: From your start point sideways skip (by bringing you feet together) left and right to each cone
- At cone B take your LEFT hand off the racket and reach down to tap the cone
- At cone A take your RIGHT hand off the racket and reach down to tap the cone
- Remain in the READY position at all times as you side skip between the cones always passing through the start point
- Avoid waiting time by having 2 players complete this activity at the same time with the others counting

STATION 5: THROW-HIT-CATCH

Equipment & Set Up

- Teams of 6 players – split into 3 pairs
- Activity set out as per diagram
- Equipment: 2 marker cones, 1 tennis ball, 1 tennis racket per pair and a stopwatch for the Timer
- Place the cones 3m apart for each pair
- Sports Leaders to co-ordinate and score

 **Scoring:** Record the total number of return catches made by the Feeder in 1 minute and calculate the Team total.



Suggestion: Y3/4: **1 BOUNCE** feed. Y5/6: **VOLLEY** feed

How to Play

- In Pairs one player is the FEEDER and the other is the HITTER. Taking it in turn to perform both roles.
- Y3/4: The ball is fed UNDERARM by the feeder bouncing once for the hitter to return with either a Forehand or Backhand stroke
- Y5/6: The ball is fed UNDERARM by the feeder (no bounce) for the hitter to return with a forehand or backhand VOLLEY stroke
- The ball **MUST** be caught by the feeder before bouncing for a point to be scored
- Pairs take it in turns to Feed and Hit. Hitters have 1 minute to return as many balls as possible to their partner.
- Test of ACCURACY and CONTROL
- Watch the ball and get your body into the correct shape to hit Forehand and Backhand shots & volleys

STATION 6: UNDERARM SERVING

Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: Marker cones, 1 tennis racket, 2/3 tennis balls, Hula hoop or similar target.
- Place the hoop 4m away (Y3/4) & 5m away (Y5/6)
- Sports Leaders to co-ordinate and score

 **Scoring:** Record the total number of serves hitting the target (without bouncing) for each Team



Suggestion: Y3/4: **BOUNCE** serve. Y5/6: **VOLLEY** serve

How to Play

- Players serve one at a time with all others waiting at the 'wait cone'.
- Y3/4: Players can bounce the ball once before Serving
Y5/6: Players should Volley serve (no bounce before hitting)
- Players aim to Serve the ball UNDERARM to land in the target without bouncing
- Each player has 5 continuous attempts
- Test of ACCURACY and CONTROL
- Balanced side on stance when serving holding the ball next to the racket
- Downward backswing, hitting up/forward to serve and following through

TEAM SCORE SHEET



SCHOOL:

YEAR GROUP:

ACTIVITY STATION	TEAM SCORE
1. TENNIS RACKET RELAY	
2. ZIG-ZAG PICK UP	
3. BALANCER / BOUNCER RELAY	
4. READY POSITION SIDE STEPS	
5. THROW-HIT-CATCH	
6. UNDERARM SERVING	
TOTAL TEAM SCORE	