

Cambridgeshire and Peterborough Virtual School Games

Week 2—Tennis Challenges



Monday

Tuesday

Wednesday

Thursday

Friday

Floor Tennis

With a partner and a racket each pass the ball backwards and forwards along the floor. How many can you do in a rally?

<https://youtu.be/JJptzgssn-o> or make it harder https://youtu.be/DBVEku_UX2E

Pirate Catch

With a partner and a ball. Your partner throws the ball for you to catch and balance on one leg whilst passing back.

<https://youtu.be/nry2kGIGLZE> or make it harder <https://youtu.be/OmX6vFun-ao>

Switch Catch

With a partner and a ball each hold the ball out in front. Drop the ball at the same time and try to catch your partners ball.

https://youtu.be/iL-tMj_pJ7g or make it harder <https://youtu.be/NaWFNWCA7BE>

High 5 Rallies

With a partner and a racket each drop the ball and tap it up to your partner to catch.

<https://youtu.be/EkTXkod5EVQ> or make it harder https://youtu.be/PHFIYNb_H4

Time to Play

Practice a few skills on your own before grabbing a partner and challenging them to a game.

<https://www.youtube.com/watch?v=lvySZYSZFNy&list=PLYGRalu>

Active Challenge

Design

Each year at Wimbledon the players have a new towel design. Design an exciting and colourful tennis towel to be used by the players at Wimbledon.

Writing

Research a top tennis player e.g Andy Murray, Simona Halep, Alfie Hewit, Ashleigh Barty and write up a player profile on them.

Literacy

Write a glossary of as many tennis words as you or your family can think of e.g match, court, ace. Can you write a definition of each word.

Art

Create a poster to promote the game of tennis and why its fun.

History

Research the history of tennis and produce an information sheet about it.

Cross Curricular Challenge

Alternative Equipment

Use a balloon, pair of socks or scrunched up piece of paper as a ball and a plastic plate, frying pan or wooden spoon as a racket.

Twitter and Facebook

@SouthCambsSSP South Cambs School Sports Partnership
 @HuntsSSP Hunts School Sports Partnership
 @CambridgeSSP Cambridge SSP
 @witchfordSSP Witchford Sports Partnership
 @StangroundAcad Stanground Academy
 @cambspborog Cambridgeshire & Peterborough School Games

Freestyle Challenge

Fancy trying some tennis tricks & home challenges. There are loads of ideas [here](#) Give it a go and don't forget to share your best tricks with us!

Children are encouraged to submit photos/videos of themselves and their families completing the challenges. Entries must include a school name & can be submitted via any of our social media platforms or emailed to school-games@livingsport.co.uk

#StayInWorkOut #TennisatHome

