



WHFCS Nursery PE

WHFCS Summer 2 – Tennis – Week 3

This term we are going to learning about tennis.

Warm up

Pick up that toy -

Parent / guardian calls out commands for children to touch a body part or an exercise for you to do. You will place a toy on the floor, multiple body parts are said before the command TOY. When TOY is shouted both people playing the game will try to grab the spoon. Fastest wins.



Do not drop the ball –

Using your racket, hand, or book I am going to challenge you to keep the ball/paper in a ball/foil rolled up , you must not let the item drop in 30 seconds.



Bronze- 2+ times

Silver- 5+ times

Gold - 10 + times

Double Trouble -

You and your family member will have a ball each, you can use either a racket or your hand. You have to hit the ball to your partner on the floor whilst also receiving the ball.





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Handball rally -

You and your partner will need one ball you will roll the ball between each other. Stop the ball with your hand and send it back to your helper.



Target Tennis -

I would like you to set up three targets , one of your family member will throw the ball towards you and using your hand or racket I would like you to aim to hit the ball towards the target . The target could be a bin, a basket or a marked out area.



Cool down –

Touch your toes : Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds.

Sky high: Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds.

