



WHFCS Nursery PE

WHFCS Summer 2 – Tennis – Week 2

This term we are going to learning about tennis.

Warm up – High Five

You and family member set up a grid in your garden or a room in your house, I am going to give you 3 minutes to get as many high five as possible. You have to make it around the grid as fast as you can.



Floor Tennis –

If you have a racket you can use it on the floor or you can use your hand, you can pass the ball on the floor to each other stopping the before passing it back.



Handball rally –

Using a ball, you and a family member will stand 3 metres apart and the family member will roll the ball along the floor, they will call right hand or left hand and you have to hit it back with your hand.





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Balloon Tennis

All you need for this is a balloon, you could use a balloon or teddy, and you need to ask a parent or guardian to set up an area, in a tennis court style. You could have an area on the floor with pillows in between or if you are setting up outside you could put a line in the middle using a skipping rope. All Players must be on bottoms. Alternate serving, all shots must be underarm (so balloon goes up) Point scored every time the balloon touches the floor.



Cool down –

Beach Time: Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

Climb the ladder: Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

