



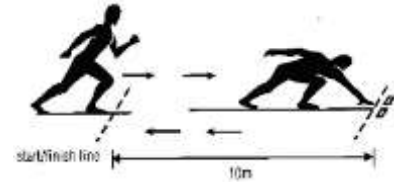
WHFCS KS2 PE



WHFCS Summer 2 – Tennis – Week 2

Warm up -

Shuttle runs - Set up three line in your garden or house , I would like one set up 3m away , one 7 metres away and one 10 metres away . I would like you to run to each line and back to the base line 5 times.



High five rallies -

With a family member have a 3-metre distance between you, using your hand or your racket, attempt to start a rally between you. Try to get the racket behind the ball and tap ball in front of your shoes.



Switch Catch -

Stand with your feet shoulder width apart and knees bent. You and your family member drop the ball and attempt to catch the other person's ball after only 1 bounce. If you are doing it on your own, you could see how fast you could catch it and time yourself.





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Different directions -

I would like you to firstly throw and catch the ball against the wall, throwing the ball in a range of directions to replicate tennis shots coming in a range of ways.

Then I would like you to aim for a particular spot, you could put a target on the wall for you to aim for and see if you can aim for that spot continuously, set yourself a target of 20.



Game , Set , Match -

I would like you to set up a tennis court in your garden; you could use a row of pillows for the net. Have fun making the court in your garden or at a park.



Cool down -

Runner's choice: Choose your favourite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

Obstacle course: Make a simple obstacle course. Ideas include zigzagging between cones, hopping over imaginary lines, etc. Repeat at a slow (walking) pace until cool.

