



# WHFCS KS2 PE

## WHFCS Summer 2 – Tennis

This half term we will be learning about tennis, there is going to be a range of different active and non-active activities.

### Warm up -

### Reaction game-

Place a small object (spoon) in the middle of two markers (cushions) that are an even distance apart. Parent / guardian calls out commands for children to touch a body part. Multiple body parts are said before the command SPOON. When spoon is shouted both people playing the game will try to grab the spoon. Fastest wins.

### Do not drop the ball –

Using your racket or your hand I am going to challenge you to keep the ball up, you must not let the ball drop

**Bronze- 20+ times**

Silver- 30+ times

**Gold - 40+ 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 step around the ball and roll the ball back.



### Tap up tennis -

Your partner will throw the ball to you using your hand or racket, when the ball comes to you must let it bounce once then hit it back. When you hit it back, make sure you aim back to your partner.



### 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.





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Firstly, try to find as many tennis words in the word search as you can (numbers 1-10). Score 1 point for each one. Then try to find the ten famous tennis players' surnames (11-20).

- |                    |                              |
|--------------------|------------------------------|
| 1. <u>ball</u>     | 11. Gordon <u>Reid</u>       |
| 2. <u>ace</u>      | 12. Novak <u>Djokovic</u>    |
| 3. <u>volley</u>   | 13. Rafael <u>Nadal</u>      |
| 4. <u>baseline</u> | 14. Dominic <u>Thiem</u>     |
| 5. <u>match</u>    | 15. Roger <u>Federer</u>     |
| 6. <u>net</u>      | 16. Jordanne <u>Whiley</u>   |
| 7. <u>rally</u>    | 17. Ashleigh <u>Barty</u>    |
| 8. <u>court</u>    | 18. Simona <u>Halep</u>      |
| 9. <u>deuce</u>    | 19. Karolina <u>Pliskova</u> |
| 10. <u>lob</u>     | 20. Sofia <u>Kenin</u>       |

N	I	N	E	K	R	E	R	E	D	E	F
Y	W	G	J	U	M	B	R	Y	C	M	B
E	T	B	A	L	L	E	T	Z	A	V	O
L	E	A	C	V	I	R	X	T	H	M	L
I	N	D	L	D	A	J	C	C	A	E	N
H	H	F	H	B	L	H	G	H	L	I	Y
W	D	J	O	K	O	V	I	C	E	H	E
E	R	H	B	P	E	C	A	J	P	T	L
C	A	P	L	I	S	K	O	V	A	Y	L
U	L	D	G	T	C	O	U	R	T	U	O
E	L	X	H	Y	I	L	A	D	A	N	V
D	Y	I	M	E	N	I	L	E	S	A	B





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Winning word – Match the word to the definitions-

Umpire	Equal score in the game after six points have been played.
Ball boys/girls	A tennis teacher.
Serve	The official who keeps the score and ensures that the rules are followed.
Rally	The ball which is hit high into the air.
Tiebreak	The act of striking the ball to start play.
Lob	This means nothing (nil) to a tennis player.
Net	Tennis played on smaller courts with shorter rackets and softer balls.
Deuce	A winning serve that the opponent fails to even touch with their racket.
Love	The strokes played before point is won.
Volley	The name given to the shot played before the ball bounces.
Coach	An obstacle that divides the court across its centre.
Ace	A quick method of finishing a game when the score is 6-6.
LTA Youth	Boys or girls who collect the balls and give them to the players.







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## Winning word – Answers

