



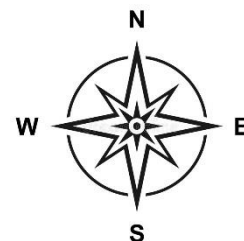
WHFCS KS2 PE



WHFCS Summer 2 – Tennis – Week 3

Warm up - North, South, East, West

Within this game, you need to set up four corners and a middle start section. Your helper will call out where they would like you to run to then you must return to the middle. You can run, skip, hop in the direction, which is called.



SGO School games challenge

There are school games challenges, which you can, attempt at home .You, can access this on - <https://www.sgochallenge.com/> and ask your parent to register.

Each School Games area has a unique code for registering. Our unique area code for registering is '**shenley**'. If you are unsure on how to complete the form then please call the school and Mr Jones will help.The challenges that are set are weekly challenges and end on the Sunday of each week. Following the completion of a challenge week, the top 5 in each year group for each challenge will be emailed a School Games virtual badge. Last week was challenge is **Tennis** and I would like you to attempt them.

Tennis balance

1. Find a book/CD case and a piece of paper or a tennis racquet and a ball.
2. Put the crumpled up paper on the book/CD case or the ball on the racquet.
3. In 30 seconds, how many times you can touch the floor with the opposite hand whilst you balance the paper or ball?
4. Stand up and repeat.
5. If the paper or ball fall off then start counting again from 0.
6. Get someone else to time you for 30 seconds.





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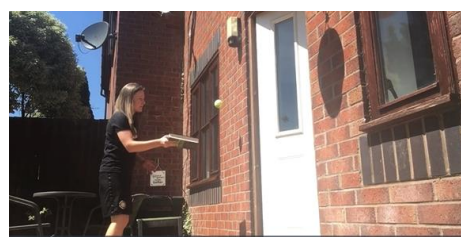
Tennis Keepie Uppie

1. Find a book/CD case and a piece of paper or a tennis racquet and a ball.
2. Put the crumpled up paper on the book/CD case or the ball on the racquet.
3. How many consecutive times you can hit the paper or ball in the air in 30 seconds.
4. If the paper or ball fall off then start counting again from 0.
5. Get someone else to time you for 30 secs.



Tennis Rally-

1. Find a tennis racket / book and a ball. This could be a tennis ball, a rolled up piece of paper or anything that will bounce off the wall.
2. Take one stride away from the wall.
3. How many times can you hit the ball against the wall in 30 seconds?
4. If the ball falls to the floor, start counting again from 0.
5. Get someone else to time for you so you can concentrate!



Cool down -

Runner's choice: Choose your favourite cool down exercise and perform for 30 seconds.

Rest, then repeat until cool.

