



# WHFCS KS1 PE



## WHFCS Summer 2- Tennis – Week 2

### 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- 5+ times**

Silver- 10+ times

**Gold - 20+ 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.



## 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. Repeat until cool.

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

