



WHFCS KS1 PE



WHFCS Summer 2- Tennis – Week 3

Warm up -

Mirroring

To play the game, you will need to find a helper. One of the pair will start doing various motions. They can kick, move their arms, spin around, or do any other motions. The child's partner will try to mirror their motions. You can set a time limit and when the time is up, the partners can trade places and the child who was doing the mirroring can start doing the motions.



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. If you do not have a racket, you could use a book or a DVD case to use a tennis racket.

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 one bounce. If you are doing it on your own, you could see how fast you could catch it and time yourself.





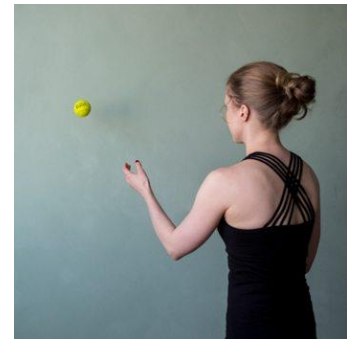
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Different directions -

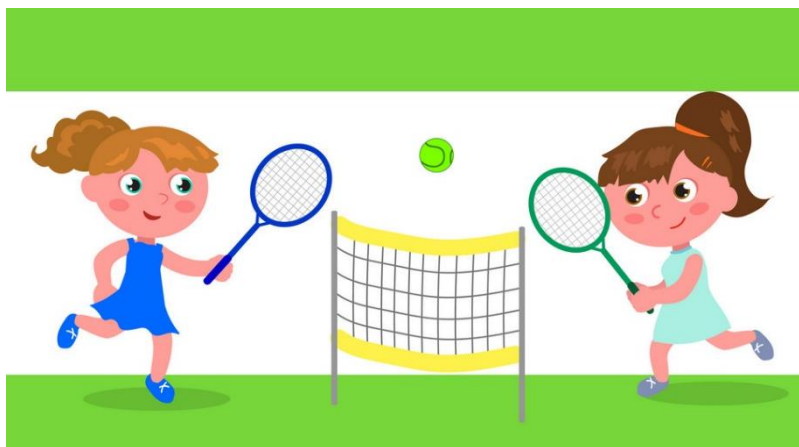
I would like you to firstly throw and the catch the ball against the wall, throwing the ball in a range of directions to replicate tennis shots coming in a range of ways.

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 10.



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 –

1. Walk on the spot, moving arms in a gentle swinging motion.
2. Touch shoulders with hands, and then reach up overhead. Repeat five times.
3. Skip slowly on the spot.
4. Skip side to side.
5. Jump or hop on the spot

