



WHFCS Nursery PE

WHFCS summer 2 – Tennis

This term we are going to learning about tennis, there is going to be some activities and some fun

Balloon Tennis

All you need for this is a balloon, you could use a balloon or teddy, and you need to ask a parent or guardian to set up an area, in a tennis court style. You could have an area on the floor with pillows in between or if you are setting up outside you could put a line in the middle using a skipping rope. All Players must be on bottoms. Alternate serving, all shots must be underarm (so balloon goes up) Point scored every time the balloon touches the floor.



Bounce and catch

Using a ball or a pair of socks rolled up, I want you to throw the ball up and catch it, and I would you to see if you can do this 10 times without dropping it.



Pass and move

With a family member or parent, you need two balls or socks ; you need to throw the item to your partner without dropping it. You could progress it by jumping and skipping whilst throwing it.





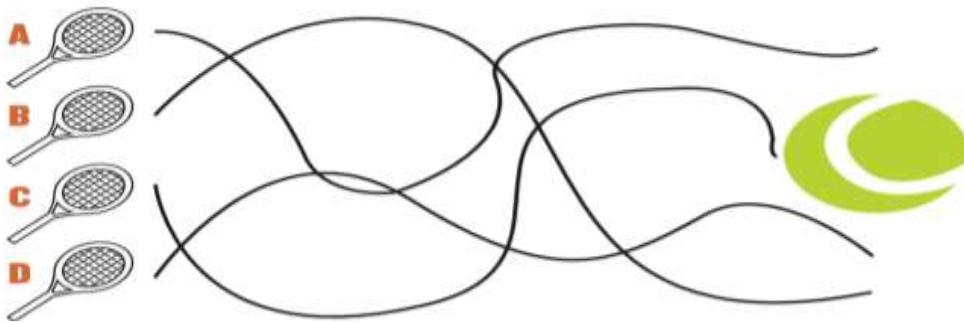
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Colour in your own tennis ball -



Follow the line -



Handwriting practice -



Dot to Dot – What does it make?

