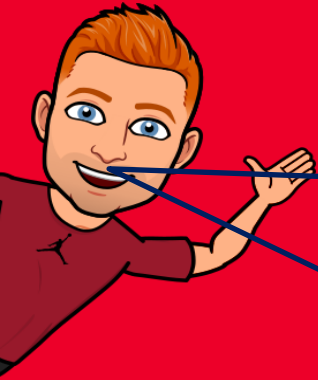


## Home Learning Activities – Tennis KS1



Hi everyone! Hope you are all keeping well and staying active at home. We are missing our LSC PE lessons at your school!

I have been working on the next series of PE activities. This week we are learning about tennis. You could be the next Andy Murray or Serena Williams this week

Share your photos or videos of you playing tennis on social @LittleSportsCoaching

### Warm up: Hot Potato

- Get a pair of socks and make a ball with them
- With an adult or sibling can you throw and catch between you?
- You can move around in the space to get the legs moving
- How many catches can you make it 1 minute?



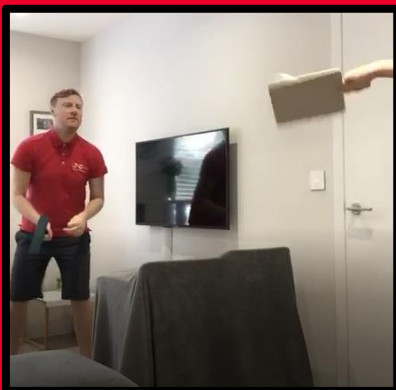
### Tap Up Tennis:

- You can do this in your home, garden or local park
- Use a racket, chopping board or pan (ask an adult first) and that ball of socks
- Can you tap the ball up on your racket?
- How many can you do in 1 minute? Can you move and do it?

## Home Learning Activities – Tennis KS1

### Forehand:

- With an adult or sibling, racket and ball of socks
- One person throws it underarm and the other person tries to hit the ball using the forehand shot
- Hit the socks back to your partner
- Don't forget to start the ready position and go back into hit after each shot



### Matches:

- With an adult or sibling, racket and ball of socks
- Both of you now have rackets (chopping board or pan)
- Create a net using household items e.g. chairs or cushions.
- Serve the ball and play by hitting the socks over the net. If your land in your partner's area or they don't return you score a point