

NAME OF CHALLENGE – TENNIS

CHALLENGE

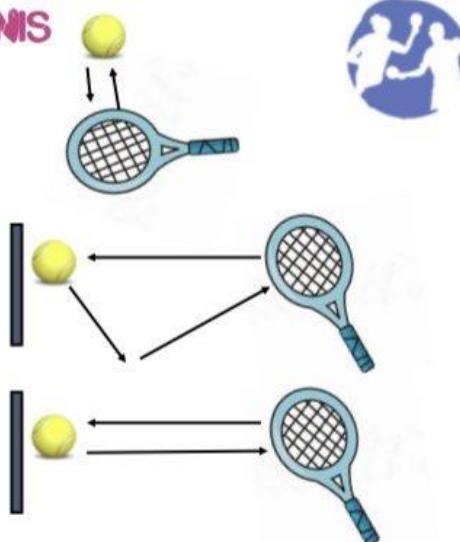
- 1. Keepy Ups** — See how many times you can bounce the ball on a racket without dropping the ball. Time yourself for 30 seconds.
- 2. Rally** — Count how many times can you hit the ball against a wall allowing only one bounce before hitting it again. Keep your best score.
- 3. Volley** — How many times can you hit the ball against the wall without a bounce? Keep your best score.

EQUIPMENT

A space big enough to complete each challenge.

Racket, ball and something to time yourself with.

If you don't have a racket and ball, try using a frying pan or book and socks or a balloon.



Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

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HOW TO PLAY

- 1. Keepy Ups** - try and keep the ball as close to the racket strings as possible. Slight bend in your elbow to keep the best control. See how many you can do before the ball touches the floor or see how many you can do in 30 seconds.
- 2. Rally** - try and hit the ball against a wall with a bounce, keeping the ball under control. Turn side on to the wall so your shoulder is pointing towards the wall, start with the racket low finishing high. See how many you can do before you lose control.
- 3. Volley** - same as above but no bounce, try and hit the ball straight onto the wall. See how many you can do before the ball touches the floor.

INCLUSIVE

- ⇒ **Keepy Ups** - use a balloon to give yourself more time.
- ⇒ **Rally** - allow two bounces before hitting the ball back to the wall.
- ⇒ **Volley** - see if you can volley a balloon with a family member using your hand or a racket.

SPIRIT OF THE GAMES

VALUES

DETERMINATION

Be determined to learn a new skill and try your best.



HONESTY

Be honest with yourself when submitting your scores.



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