

WR Sports PE THE TENNIS CHALLENGE

	1 st Try	2 nd Try	3 rd Try
Hits with hand			
Bin Shot			
Hit over the pillows			
Bottle hit			
Tennis Catch			
Up the Stairs			
Room to Room			
Bottle Targets			

You have just 1 minute to complete each task!

Use the table to record your results!!

For each of these tasks, your flat palm acts like a tennis racquet!

If you don't have a ball, screw up a piece of paper! Like us!



1. Hits with Hand – Using a piece of paper (make it into a ball) and your hand as a racket, try doing as many hits up and down as you can!



2. Bin Shot - Set up a bin (or something that a piece of paper into) take 5 big steps away and see how many shots you can score!

3. Hit Over Pillows – Make a line using pillows to simulate a net (or something tall) again take 5 big steps back and practice trying to land the paper on the other side! Every time you land it on the other side you get 1 point.

4. Bottle Hit – Set up a bottle and take 5 big steps away again. Aim is to try and hit the bottle in as few hits as possible! What's your LOWEST number of hits?

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5. Tennis Catch – Working with someone, one of you will be the thrower and one of you will be the hitter, aim is to try and do as many hits back to your partner without the paper touching the floor. Don't forget to keep count!

6. Up the Stairs – Stand the bottom of the stairs, pick a step and mark it with another piece of paper. Aim of the game is to try and get your paper to land on the same step as the one you put before! Count how many goes it takes!



7. Room to Room – Start in room of your choice, aim of the game is to try and hit the paper into every room in the house (don't hit down the stairs, carry the paper down and start from the bottom) Count how many hits it takes to go round the house!

8. Bottle Targets – Aim of the game is to practice the serve. Place different empty bottles randomly in a room stand in a space away from them and try to hit as many as you can in 1 minute!