

SCHOOL  
GAMES

VIRTUAL  
**TEAM**  
CHALLENGES

TENNIS

Pupil Pack

Brought to you by North Yorkshire  
Sport and North Yorkshire School  
Games Organisers



## Virtual School Games Tennis Festival Year 3/4 and Year 5/6

- You have been identified by your school to take part in the Virtual Tennis School Games Festival. Along with yourself, three other young people from your school will make up your team.
- Each person will have a couple of days to practise the skill stations and then you will be asked to submit your best score back to your teacher.
- Your score will then be added to the other three members of your team.
- The highest team score from your school in each year group tennis competition will be identified by your teacher to see which school team is the area School Games Champion.
- The area School team champions will go on to represent North Yorkshire where County winners will be crowned.

### Skills Station 1 – Bounce a ball on the ground using a racket

- The ready position: feet apart, knees bent and hands prepared.
- Keep body height the same, not bobbing up and down.
- Bounce the ball at around waist height.
- Control the racket with a steady wrist.

How many bounces can you do in 1 minute



### Skills Station 2 – Bounce a ball in the air using a racket

- The ready position: feet apart, knees bent and hands prepared.
- Keep body height the same, not bobbing up and down.
- Bounce the ball on the racket into the air, keeping the racket about waist height.
- Control the racket with a steady wrist.

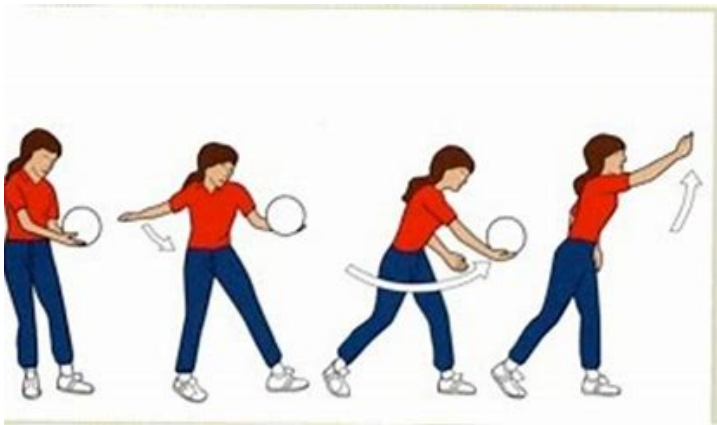
How many bounces can you do in 1 minute



### Skills Station 3 – Go for target

- Player sets up a player the area like below
- Set up a service line and then use your wheelie bin as the target
- The wheelie bin should be 4 meters away from your service line
- Put some white tape half up you wheelie bin
- You have 10 underarm serves to hit the wheelie bin.

Scoring: 5 points every time you hit the top half of the wheelie bin and 2 points every time you hit the bottom half of the wheelie bin.



4m



## Score sheet

Please find a score sheet to complete at;

[www.northyorkshiresport.co.uk/virtual-team-challenges](http://www.northyorkshiresport.co.uk/virtual-team-challenges)

## Winners

Individuals representing the top 3 highest scoring teams from each year group competition in the County area will each receive a School Games medal and t shirt.





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Don't forget to share your  
Virtual School Games  
Challenges with us on  
social media!

@NorthYorksSport  
#NYSchoolGames

