



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

Tennis Individual Circuits

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Circuit No 1 ***Balls Eye***

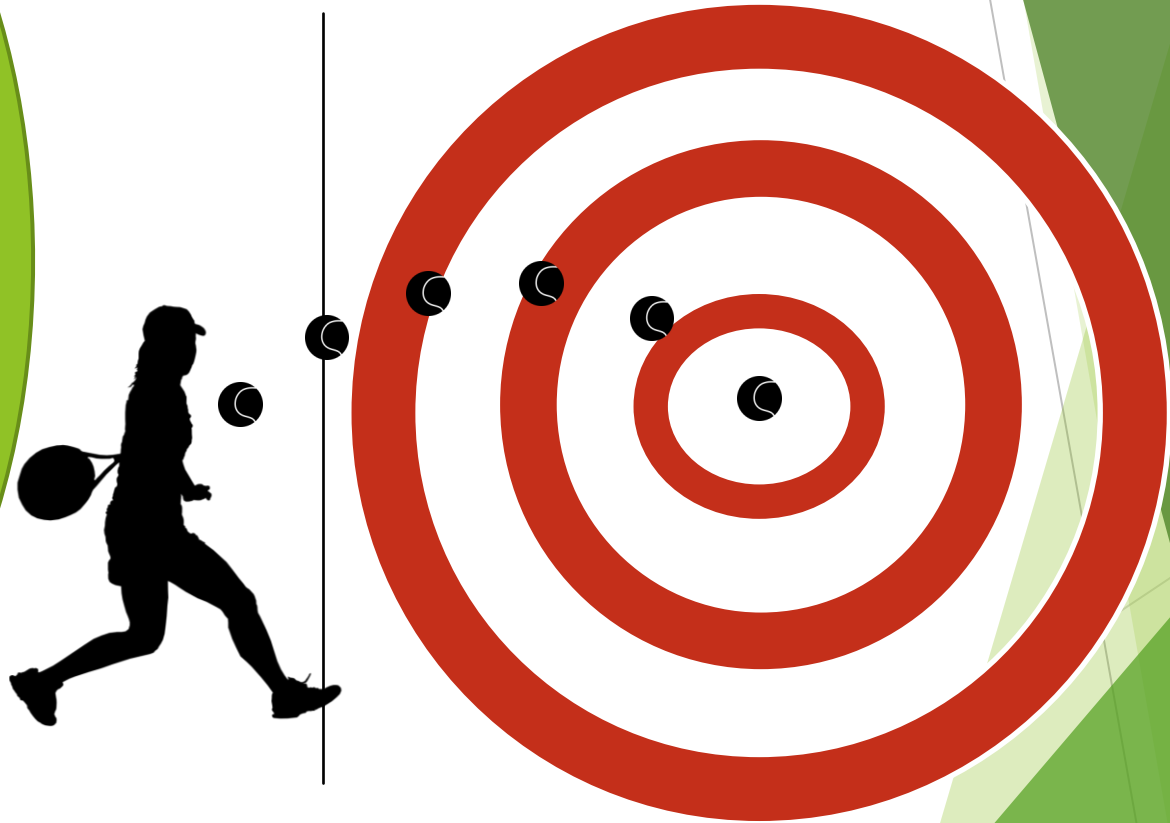
Stand behind line
and throw ball
into hoop using
overhead &
Forehand
motions.

1 point for
landing in outer
hoop.

3 for the middle
hoop.

5 points for
centre hoop.

Introduce racket!



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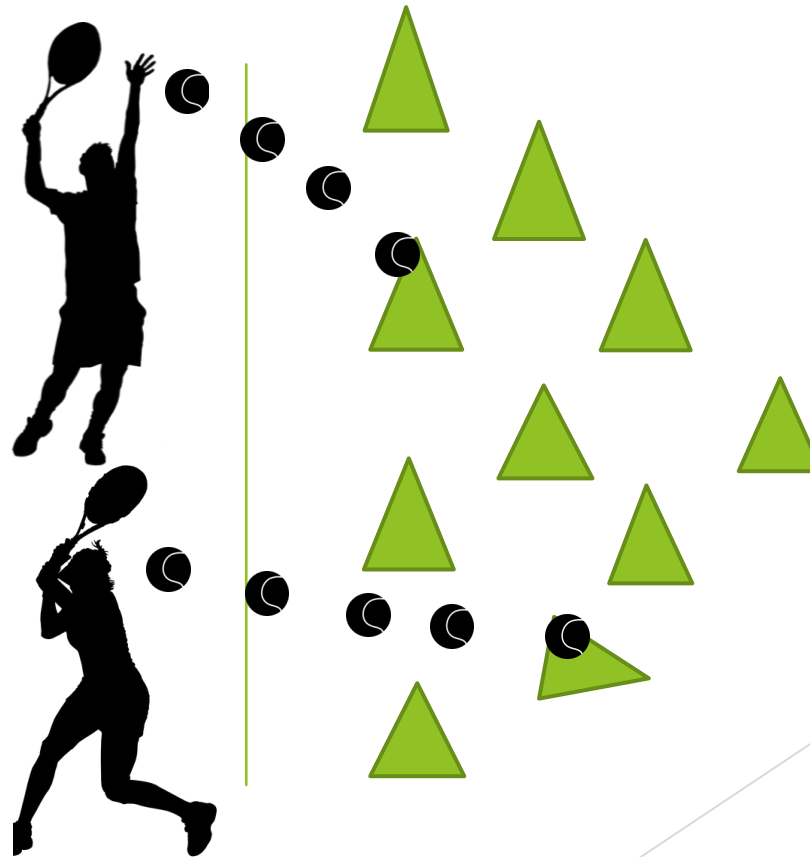


Circuit No 2 *Tennis Bowling*

Step 1: Using
tennis ball throw
ball from line
using overhead
and
forehand motion
to

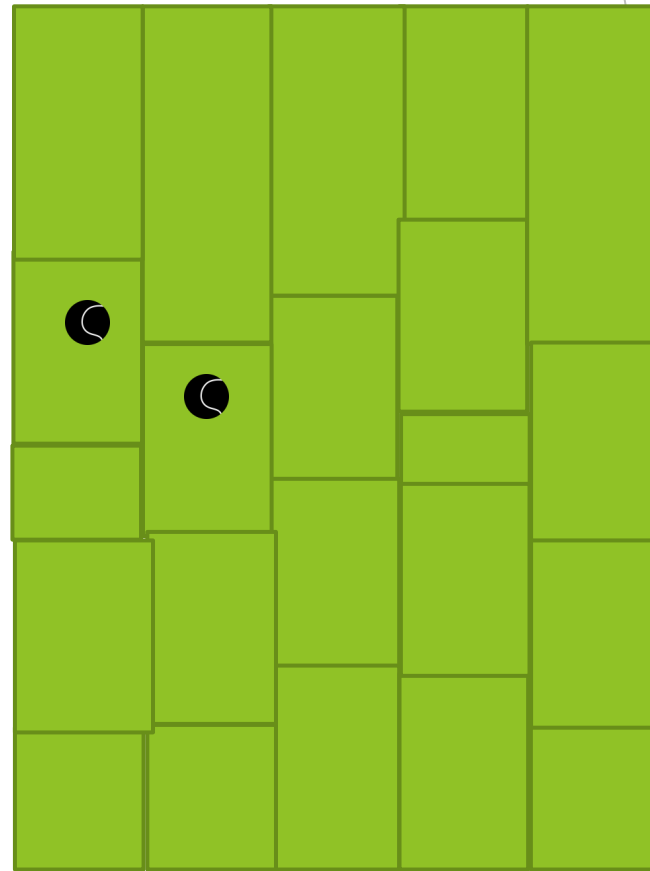
Knock over
skittles

Step 2: Introduce
racket and using
same overhead
and forehand
skills knock over
skittles.



Circuit No 3 ***Wall Passing***

Hit Tennis ball
off gym or
Outside wall.
Count how
many hits you
can get.
Try and keep
the rally going
as long as
possible using
forehand &
backhand .



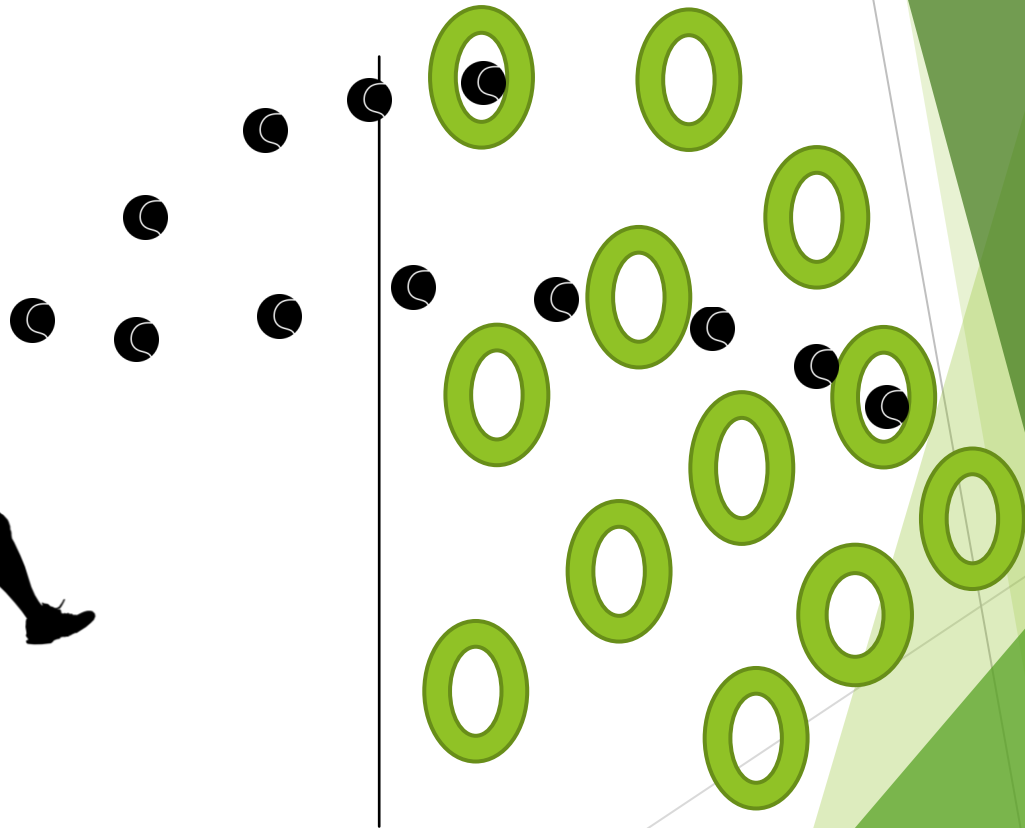
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Circuit No 4

Hoop Target Hitting

Hit ball
from line
aim for
each hoop.
Accuracy is
the key. Use
Fore hand &
Back hand
shots.

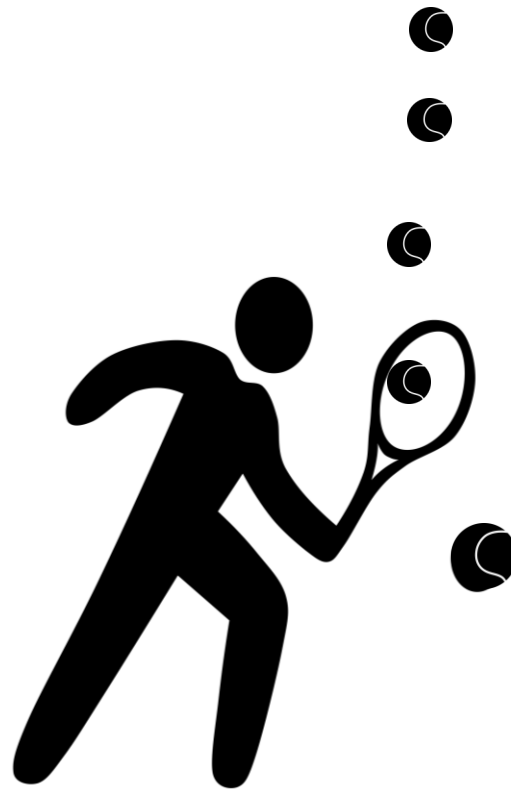


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Circuit No 5 *Keepy Ups*

How many
times can
you keep
the ball up
on the
racket
without
dropping?



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Circuit No 6 *Clap & Catch*

Throw ball up
in the air.
How many
times can
you clap
before
catching the
ball again?

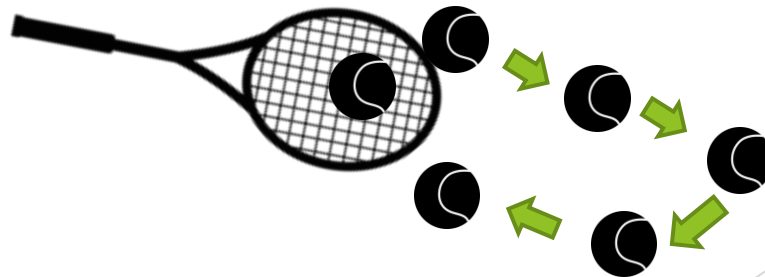
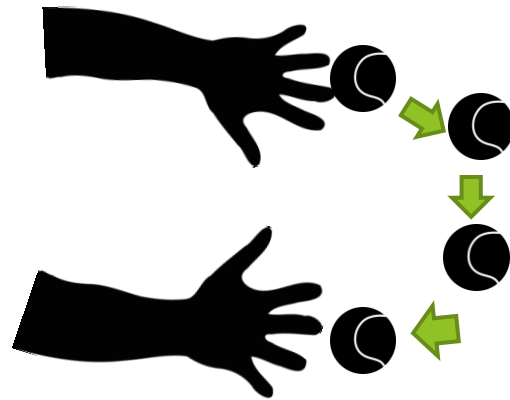


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Circuit No 7 *Bouncy ball*

Step 1: Using Palm of hand how many times can you bounce the ball off the ground? Swap hands and no catching.

Step 2: Use racket to repeat same skill.



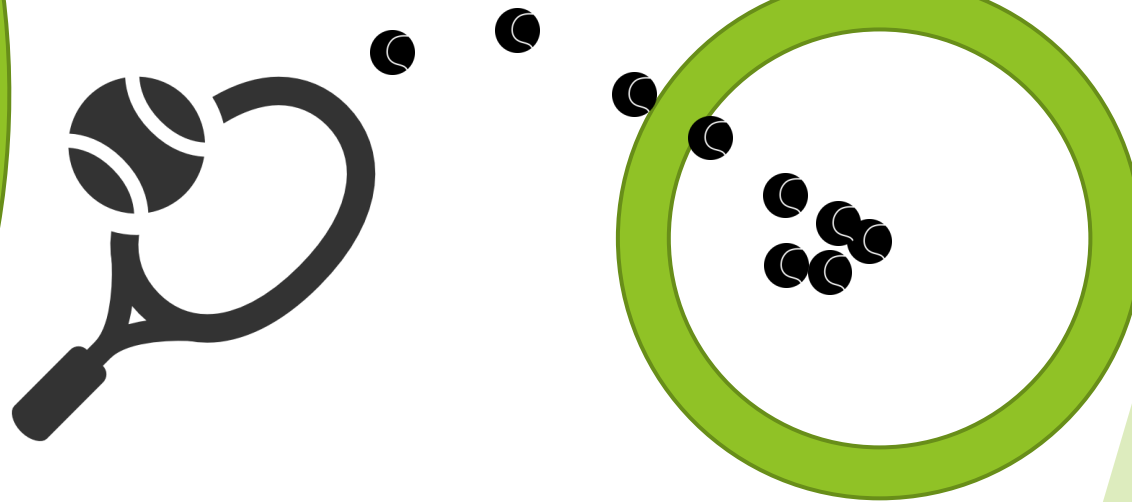
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Circuit 8

Tennis Ball Hoopla

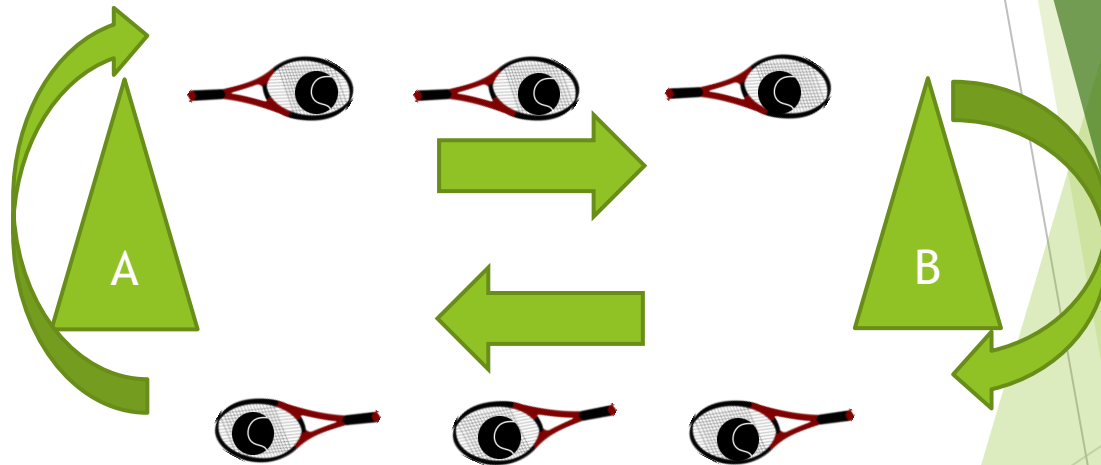
Run out with ball balanced on racket and put tennis ball in upturned cone or hoop.
1 point for each circuit completed.



Circuit 9

Egg and spoon

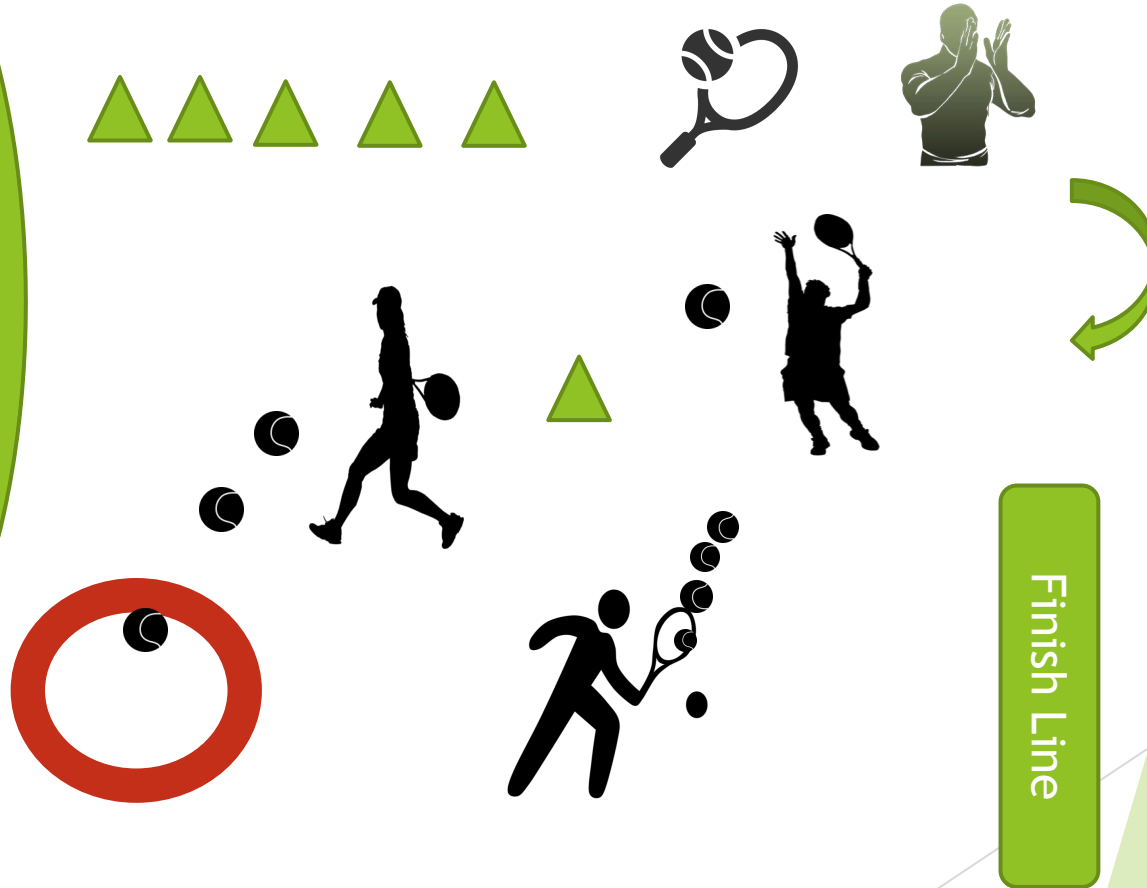
Run from point A to B continuously whilst keeping ball on racket. How many runs can you complete?



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Circuit 10 Obstacle Course

Create your own Obstacle course. 1 point for each circuit complete. 3 second stand still penalty for dropped ball.



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