



Tennis Challenge

Name: _____

Activity	Task and How to Score	Tally Points	Total Points
Balls eye	Stand behind line and throw ball into hoop. 1 point for landing in outer hoop, 3 for the middle hoop and 5 points for centre hoop. Introduce Racket.		
Tennis Bowling	Knock over target with ball. Introduce racket.		
Wall passing	A rally off the wall. Your highest score is your recorded points. Option to throw and catch.		
Target Hitting	Score by landing ball in hoop. Points identified in each hoop. Options of throw or develop using racket.		
Tennis Ball Hoopla	Run out with ball balanced on racket and put tennis ball in upturned cone. 1 point for each circuit completed.		

Activity	Task and How to score	Tally points	Total points
Keepy Ups	How many times can you keep the ball up without dropping?		
Clap Catch	Throw ball up in the air. How many times can you clap before catching the ball.		
Obstacle course	1 point for each circuit completed, 3 second stand still penalty for dropped ball.		
Bouncy Ball	Count how many times you can bounce the ball off the ground- alternate hands and no catching. Introduce racket.		
Egg and Spoon	Run from point A to B continuously whilst keeping ball on racket. How many runs can you complete?		