

Activity Cards

At Home

sportscotland
activeschools
SOUTH AYRSHIRE

To maintain a basic level of health, children and young people aged 5 to 18 need to do...

AT LEAST
60
MINUTES OF PHYSICAL ACTIVITY
EVERY DAY!

TENNIS



Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

Be creative using household items if you don't have tennis equipment

Ball Balance

Balance the ball on the strings of your racket without it rolling or falling off

Try each challenge for 30 seconds:

- Balance on one foot
- Bend down and touch the floor
- Move the racket up and down
- Move around the house or garden
- Close your eyes
- Hop on one foot

If this is too difficult, try a bigger ball, beanbag or balloon first



Footwork

Drill 1

Run and touch each marker. Start facing forwards, then try running backwards and side-skipping. Make sure to always face forwards towards the net.

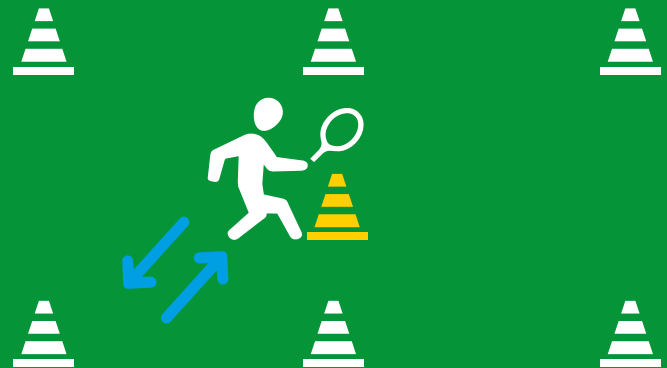
Repeat each three times



How fast can you
complete each drill?

Drill 2

Start at the middle yellow marker. Firstly, run out and touch each of the markers returning to the middle each time. Now try to find your own way to get to each of the markers as fast as you can, returning to the middle each time.



Throwing & Catching

Step 1

Throw the ball in front of you, let it bounce once, then catch it with two hands

Step 4

Repeat steps 1 and 2, throwing and catching with the same hand



Step 2

Repeat step 1, adding in an extra bounce and bend your knees when catching the ball

Step 3

Now throw the ball with your other hand and repeat steps 1 and 2

Try each step 5 times

Racket Skills

Step 1

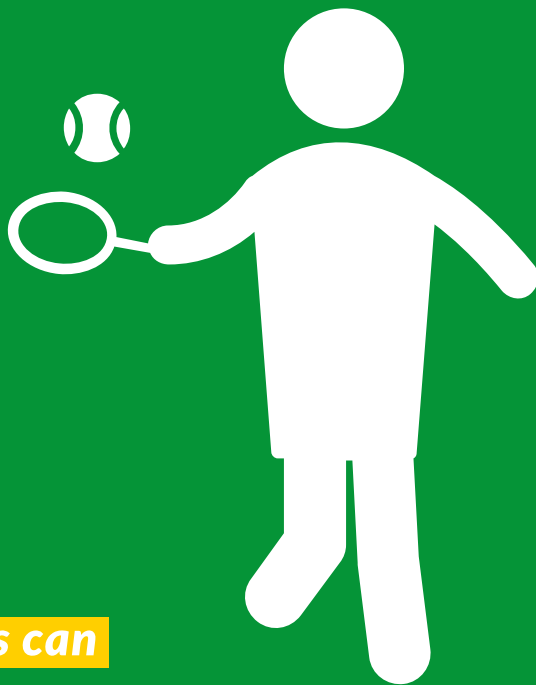
Bounce the ball on the strings of your racket

Keep the ball low

Step 4

Bounce the ball on the edge of your racket

How many bounces can you get in a row?



Step 2

Balance on one foot while continuing to bounce the ball

Keep the ball bouncing straight up

Step 3

Change which side of the racket hits the ball each time by spinning the racket in your hand

Ask a family member to try these skills

Partner Drill



Stand facing a partner a few metres apart. You have a racket and they have a ball. Ask them to throw the ball so it lands in front of your feet.

Step 1

After the ball bounces, catch it with your hand and racket. Now drop the ball and hit it back to your partner.

Step 2

After the ball bounces, tap it up in front of you and let it bounce again. Now hit the ball back to your partner.



Try to hit the ball from both sides of your body

Rules

The aim of tennis is to hit the ball over the net with your racket into your opponents court. If your opponent is unable to return the ball you win the rally, win enough rallies and you win the match!

Try to practice with a family member from your household

How many shots can you each hit in a rally?

How many different types of shot can you hit?

Can you beat your family member in a match? Try first to 11 points!



Our resources are available weekly to download from the Active Schools website. Each week we will focus on a new activity/sport. All resources are designed to provide ideas to support you and your family to remain active at home.

If you would like anymore information or support to stay active at home please visit:

activeschoolssa.co.uk

or contact us on

activeschools@south-ayrshire.gov.uk
01292 294 191

