

There are 3 Challenges for you to practice and **SEND IN YOUR BEST SCORES** to your teacher.

KS1- Years 1 & 2- Level 1

KS2- Years 3,4,5 & 6-Level 2

KS3- Years 7,8 & 9- Level 3

WHAT EQUIPMENT WILL YOU NEED?

Stopwatch – If not a Phone or iPad/tablet or Clock/watch.

Markers – If not Cans or Plastic Cups or Socks.

An Empty Medium sized Box – If not a Bin or Large Bag or suitcase or Laundry Basket.

Tennis Ball – if not a Sock ball or Tin foil ball or Balls from different sports or Newspaper ball.

Tennis Racket – If not a Hardback book or Frying pan or Chopping board or Baking Tray.



CHALLENGE ONE : AGILITY – BASELINE DASH!

Level 1 (KS1 Scoring)

- Place 2 Cans/ Markers 5 paces apart.
- Start in the "Ready Position".
- On "Go" move sideways from 1 side to the other facing forwards.
- 1 point is scored every time you reach the marker.
- You will have 60 seconds to score as many points as possible.
- KS1 do not forget to **record your best score!**

Level 2 (KS2 Scoring)

- Place a further 4 cans/marker between your 1st and 2nd cans/markers.
- Start in your "**Ready position**".
- On "Go" move sideways using high knees to step over the markers touching the end marker before going back to the other side.
- 1 point is scored each time you complete a crossing.
- You have 60 seconds to score as many points as possible.
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Same set up as Level 2, start at 1 end of the markers in the "**Ready Position**".
- On "Go" move in front and behind the markers to work across your court.
- 1 point is scored for every crossing without touching the markers.
- If a marker is touched, restart from the side you started on.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to **record your best score!**



IF I NEED SUPPORT...

- Reduce the number of markers in Level 2 & 3 to improve control.
- Without the racket, use your arms for balance when moving.
- Increase the distance between the makers to support control of movement.

IF I NEED A CHALLENGE...

- Add a racket at level 1.
- On Level 2 & 3 can you bounce the ball on your racket while moving.
- Add more markers to the space to challenge your movement.
- Hold your racket in your non-dominant hand.

CHALLENGE TWO : BALANCE – EGG & SPOON

Level 1 (KS1 Scoring)

- Start with your racket flat on the floor with your ball on top.
- On "GO" put your hands on both ends of the racket and attempt to lift the racket keeping it flat and the ball balanced raise to above your head and back down to the floor.
- 1 point scored for every successful attempt, point does not count if the ball falls off.
- You have 60 seconds to score as many points as you can.
- KS1 do not forget to **record your best score!**

Level 2 (KS2 Scoring)

- Start standing with your racket in hand balancing your ball on top.
- On "GO" while balancing the ball on the racket attempt to lie down and stand back up without dropping the ball.
- 1 point will be scored for every successful attempt. No score if the ball is dropped during an attempt.
- You have 60 seconds to score as many points as possible.
- KS2 do not forget to **record your best score!**

Level 3 (KS3 Scoring)

- Start standing with your racket flat in your hand balancing your ball on top.
- On "GO" while balancing the ball lie down and roll on to your stomach then back on to your back before standing up.
- 1 point is scored for every complete attempt without dropping the ball.
- You have 60 seconds to score as many points as possible.
- KS3 do not forget to **record your best score!**

IF I NEED SUPPORT...

- Use a larger racket or object to help balance your ball.
- Try using a ball that does not roll as fast.
- Try using an item that does not roll e.g. a sock ball.

IF I NEED A CHALLENGE...

- Use a smaller racket or use a chopping board to perform levels.
- Attempt each level holding your racket in your non-dominant hand.
- Add more objects to your racket to balance, if ANY of them fall off start again.



CHALLENGE THREE : CO-ORDINATION – CHAMPIONSHIP POINT

Level 1 (KS1 Scoring)

- Set the target 3 paces away.
- Start in the **Ready Position** for an underarm serve with the ball balanced on the racket.
- On “GO” attempt to flick the ball to land in the target.
- 1 point scored each time if you hit the target and 2 points if the ball lands in the target.
- You have 60 seconds to score as many points as possible.
- KS1 do not forget to record your best score.

Level 2 (KS2 Scoring)

- Set the target 5 paces away.
- Start in the **Ready Position** for an underarm serve with the ball in your non racket arm.
- On “GO” attempt to serve the ball into the target using the underarm serve.
- 1 point scored each time if you hit the target and 2 points if the ball lands in the target.
- You have 60 seconds to score as many as possible.
- KS2 do not forget to record your best score.

Level 3 (KS3 Scoring)

- You will require a clear wall space.
- On “GO” attempt to rally between you and the wall.
- You score points for consecutive shots made.
- If the rally (sequence of back and forth shots) stops, restart at 0. The highest rally score counting as final total.
- E.g. if you score 22 shots but only 10 were consecutive then your score after 60 seconds would be 10.
- KS3 do not forget to record your best score.

IF I NEED SUPPORT...

- Use a larger, open target to simplify Level 1 & 2.
- Move the marker closer to the target.
- Use a slower moving ball e.g. foil ball or sock ball.
- Start with the ball on the racket on Level 2.

IF I NEED A CHALLENGE...

- Use a smaller target to challenge your accuracy.
- Attempt each level holding your racket in your non-dominant hand.
- On Level 3 can you alternate between forehand & backhand.
- Use different types of rackets to test yourself.

ENJOY YOUR CHALLENGES AND DO YOUR BEST

DON'T FORGET TO SEND YOUR BEST SCORES TO YOUR TEACHER

With thanks to
MNR Coaching
for the
production of
this format and
video.



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#stayinworkout

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