

# DEVELOP



# SCHOOL GAMES

**SUFFOLK  
VIRTUAL COMPETITIONS**

**2020/21**

## KS2 Tennis Challenge

*Intent: Support individual development in sport*

**DATES 23<sup>rd</sup> – 30<sup>th</sup> April**

### TARGET AUDIENCE

These events are for students who like friendly competition but don't solely focus on winning, instead they include a School Games Value focus, giving students the opportunity for personal development.

### YEAR GROUPS

Year 4  
Year 5  
Year 6

### WHERE

All of the 4 challenges can be done at school or home.

### LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.



## VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



**Determination** - Determination is about the journey you go on to push yourself and achieve your dreams.



**Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



**Respect** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



**Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



**Self Belief** - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



**Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level.

## CHALLENGE 1



### Volley Rally

How many Volleys can you do with your partner?

Mark out 2 cones 3m apart. Each pair hit the ball backwards and forwards to each other as many times as they can, without the ball hitting the floor.

If the ball hits the floor or someone misses it then your points start again. 1 Point for each volley.

## CHALLENGE 3

### Forehand Drop shot

How many times can you hit your target 60 seconds?

Each pupil will need a target placed 5m away from them e.g. hoop, bucket, cones etc roughly about 50cm wide / long. Using a forehand drop shot they must try and hit their target. They can only use 1 ball but may use a partner to collect their ball

1 point will be rewarded for direct hit of their target.

## SCORING

Pupils can select which challenge they want to do.

Pupils will be allowed to do all the challenges if they wish.

Pupils will be award 1 point for every challenge they attempt.

The top 3 scores from each challenge will be added up to give an overall school score.

## CHALLENGE 2



### Double Catch

How many times can you double catch in 60 seconds?

Each pair will need 2 tennis balls and stand 2m away from their partner. Pupils will need to throw and catch at the same time. Before they start, highlighting each other's throwing and catching arm is recommended. A verbal communication such as 'GO' when throwing is a good way to complete this drill

1 Point will be rewarded when both partners catch a ball at the same time, if someone drops a ball no points are scored.

## CHALLENGE 4



### Fan Footwork

Watch this video for a clear guide on how to complete this challenge.

There is no time limit for this challenge but your time is your score as it is a race against the clock.

You will need 6 cones and 5 balls each. All the balls start by the centre cone and you must take one at a time and place them onto each of the other cones, returning to centre cone each time to collect a ball.

The clock starts when you pick up your first ball and finishes when you return to the centre cone.

## HOW TO ENTER

1. Complete the challenges in the dates provided and send your scores to Jeffrey Hoey via the excel sheet provide.
2. If your school don't wish to provide any scores, simply let Jeffrey Hoey know how many pupils took part from your school.

