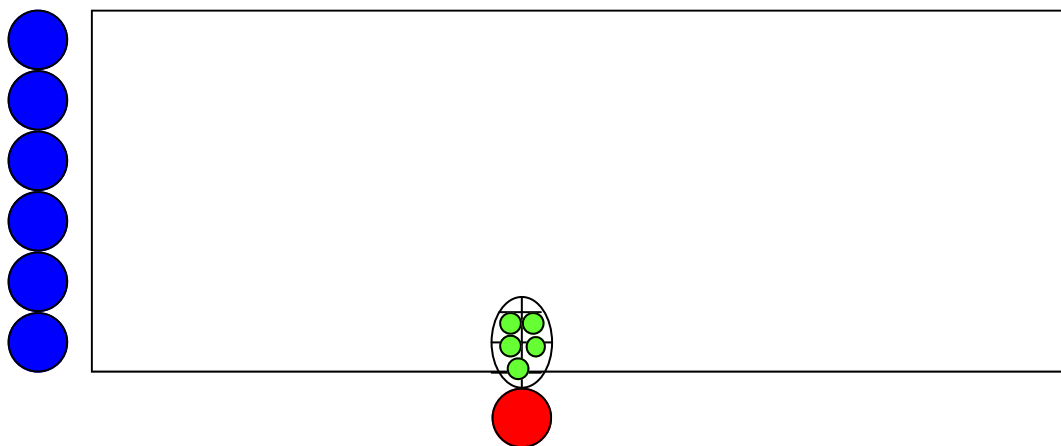


Popcorn

You will need : Two less balls than there is children
One racquet (for large groups use a small mat or basket)
A large space

Setting up:

- Line the children up along one side of the room (blue).
- Select one child to be the popcorn maker (red).
- The 'popcorn maker' places all the balls on a racquet (for large groups use a small mat or basket)



What to do:

- The popcorn maker shouts popcorn and tosses the balls into the air then steps back.
- The children on the side then try to catch/retrieve a ball and stand on the opposite side to where they started.
- The child left with out the ball then becomes the popcorn maker.
- The new popcorn maker then collects all the ball and the old popcorn maker joins the rest of the children on the side.

Extension

Use multi coloured balls, shout ' ____ (colour) popcorn'. Then players must then find that colour ball. The player which retrieve it gets to be the new popcorn maker.

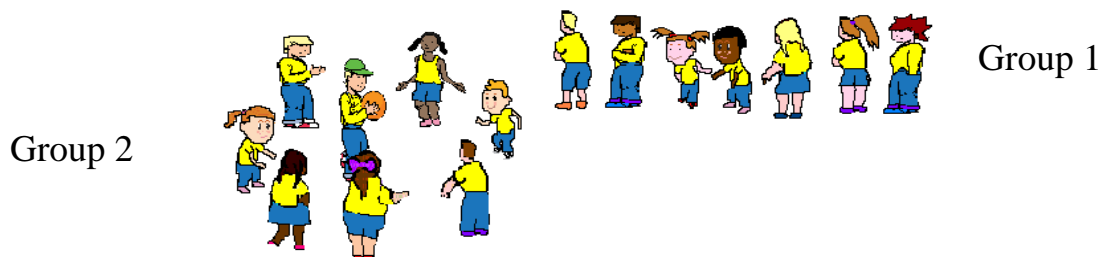
Try using ping pong balls or bouncy balls instead of tennis balls.

Tadpole

You will need : A Large Ball

Setting up:

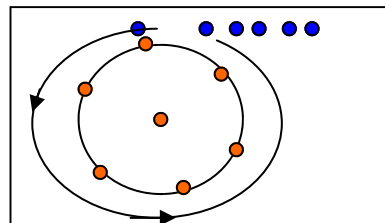
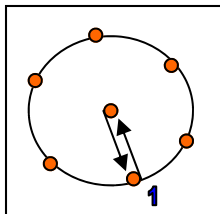
- Spilt the group into two teams.
- Group 1 should stand in a circle with one person stood in the middle with the ball, making the tadpole.
- Group 2 should form a line next to the circle making the tail.



What to do:

Group 1

The person in the middle of the circle must turn around passing the ball to their team members on the outside the circle. A full pass is when the ball is passed outside of the circle and then back into the middle. The group needs to count out loud how many full passes they can do before group 2 finishes.



Group 2

The members of group 2 will run one at a time around the outside of the circle group 1 has made. The person running must tag the next person's hand before they can go. Once each team member has run around the circle once the team must sit down and say they have finished.

Next swap the groups around and see if group 2 can get more or less passes while group 1 runs around the outside. The group with the most passes at the end wins.

Extension

Make the circle bigger

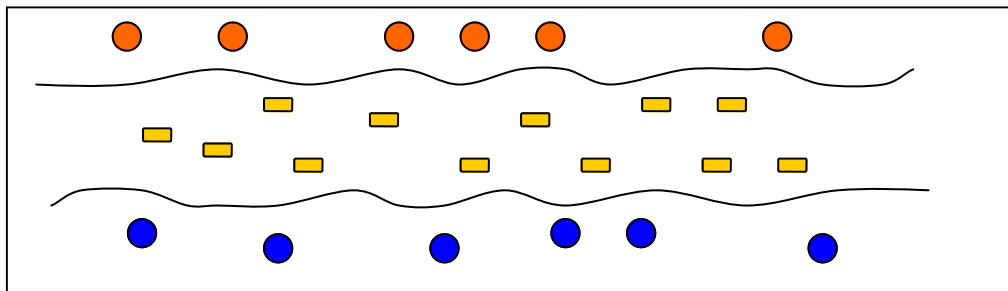
Use smaller balls

Fish in the River

You will need : 2-4 Tennis Balls
2-6 Skipping ropes
1 bean bag per a person

Setting up:

- Spilt the group into two equal groups
- Place 2 of the skipping ropes of the floor parallel to each other on the floor about 1m apart to make the river.
- The groups should stand opposite each other on either side of the skipping rope river. If the river is too small make it longer using the other skipping ropes.
- The bean bags should be placed in the river as fish.
- Each side needs one ball. If you are playing with a large group each side can start with two balls.



What to do:

The players with the balls choose a player on the other team. Then they say that players name clearly, make eye contact and pass the ball to them.

- If the player catches the ball then they can carry on by passing to a new person.
- If the player doesn't catch the ball, the player who threw the ball retrieves a 'fish' from the river.
- Players can only hold one ball at a time.
- Any player who throws a ball without saying the name and making eye contact forfeits a 'fish' from their team.
- The team with the most 'fish' at the end wins.

Extension

Try taking a step back and making the river bigger.

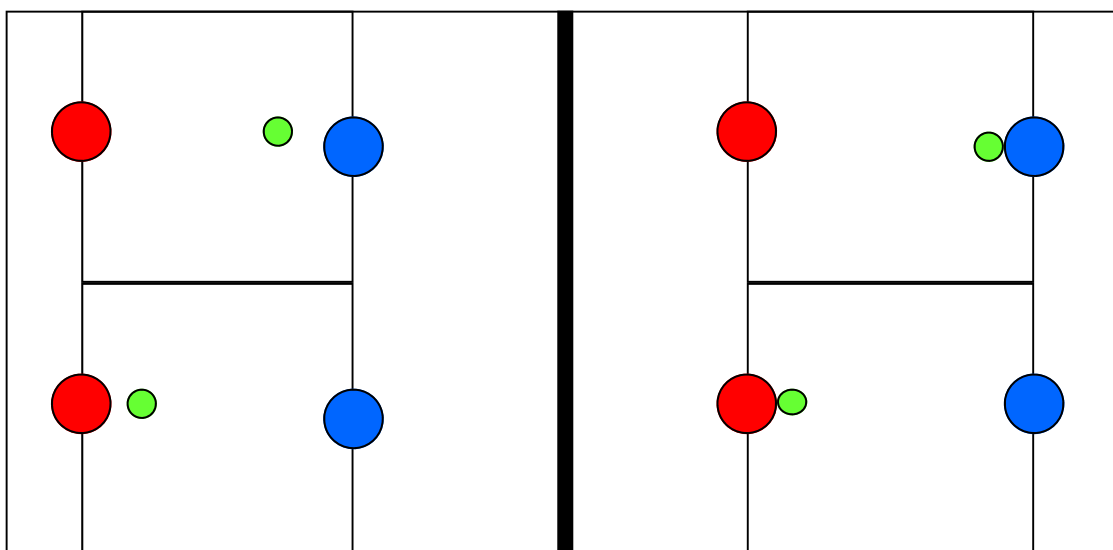
Try using tennis racquets to 'serve' the ball over the net.

Tennis Catch

You will need : One tennis ball per a pair

Setting up:

- Split the group into pairs.
- The pairs stand either side of the service box.
- One person from each pair holds the ball.



What to do:

- The pairs pass the ball back and forth between them.
- The pairs must ensure the ball bounces in front of their partner and their partner must catch the ball.
- Throw the ball 5 times each.
- If players are able to pass it 5 times without dropping it then start using racquets.
- Take it in turns to bounce the ball. Player 1 bounces the ball and player 2 returns the ball by hitting it softly.
- The pairs do this 5 times then swap over so player 1 has the racquet.

Extension

Pairs step further back from each other.

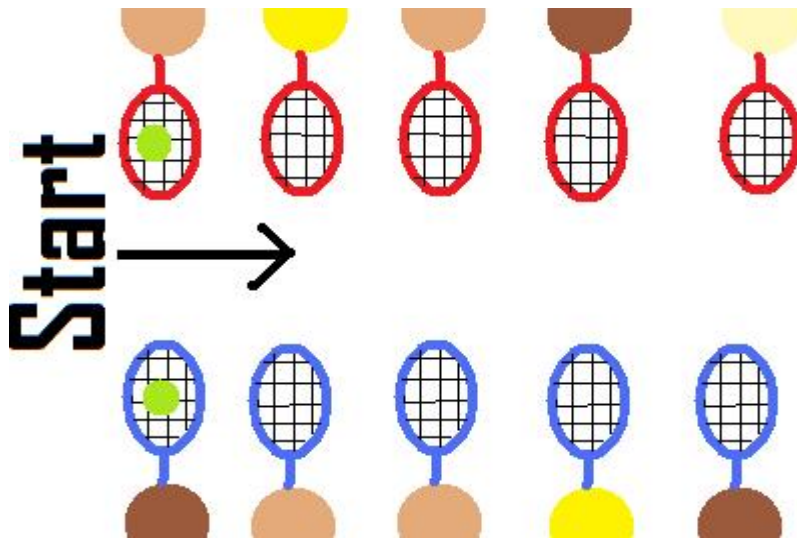
Both players use racquets to softly pass the ball back and forth.

Ball control relay

You will need : 2-4 Tennis Balls
Tennis racquet each
A start and finish marker

Setting up:

- Spilt the group into two equal groups
- Stand in two lines standing side by side facing the other team at the start marker.
- Place the ball on the racquet of the player at the back of the line.



What to do:

The players have to roll the ball along their racquets onto the next person's racquet then run around the back of the line to join the front of the group.

- If the player drops the ball they must start from the beginning.
- Players should stay in their lines and can only move from their space when its their turn to run to the end of the line.
- The first team to have the ball and all team member past the finish marker wins the relay.

Extension

Use two tennis balls for the team to control

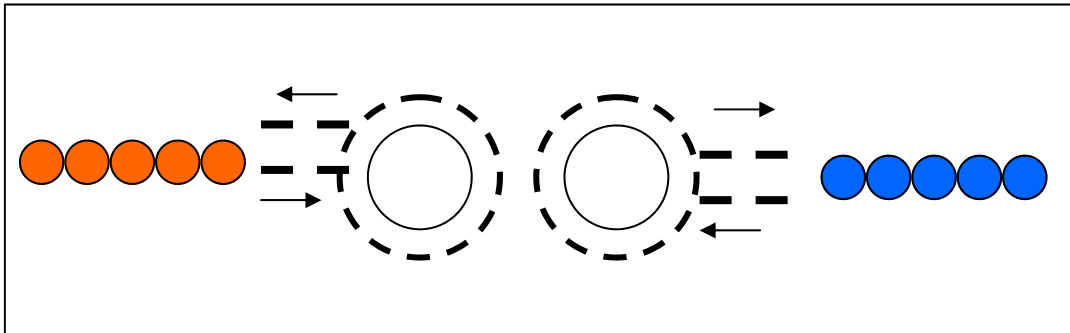
Try asking pupils to walk with the ball on their racquet one at a time around a marker in a relay.

Basketball Tennis Relay

You will need : A Racquet for each person
2 Hoops
2 Tennis balls

Setting up:

- Split the groups into two teams.
- Ask the teams to form two lines with the hoop on the floor in front of them.



What to do:

- Pupils must bounce the ball on the floor using their racquets.
- They must walk to the hoop bouncing the ball and walk around it.
- They must then walk back still bouncing the ball.
- When they get back to the front of the line they must pass the ball onto the next person in their team.
- The first team to get every team member around the hoop and back wins.

Extension

Place the hoop further away from the front of the group.

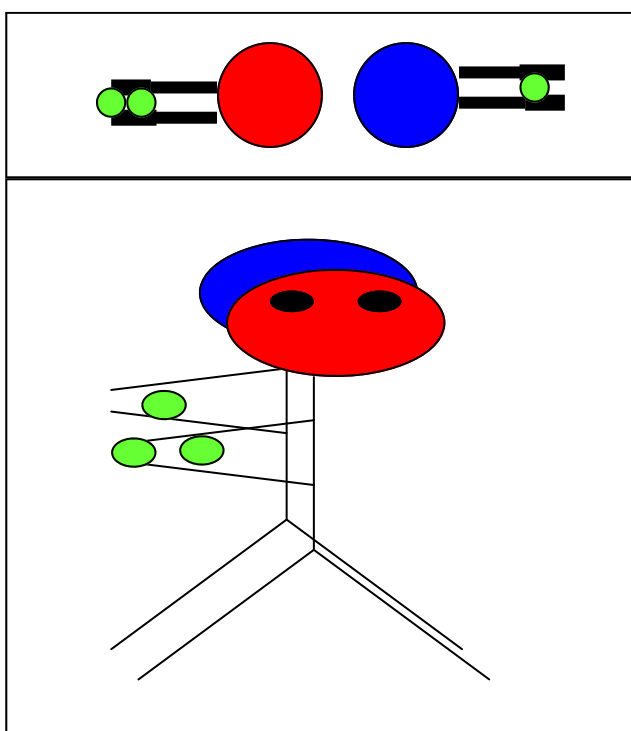
Bounce the ball on the bat instead of the floor

Control Grip

You will need : 3 Tennis balls per each pair.

Setting up:

- Stand the pairs back to back with their feet spread shoulder width apart.
- Place a tennis ball between the two palms of each player.
- Player 1 holds a 2nd tennis ball in their fingertips.



What to do:

- The player A passes the ball to player B.
- Both players must ensure that they don't drop the ball in their palms.
- The players can move left and right, over the head, under the legs.
- Pupils should try to find as many ways as they can without dropping their ball or moving their feet.

Extension

Move faster when passing the ball but stay in control.

Use larger balls

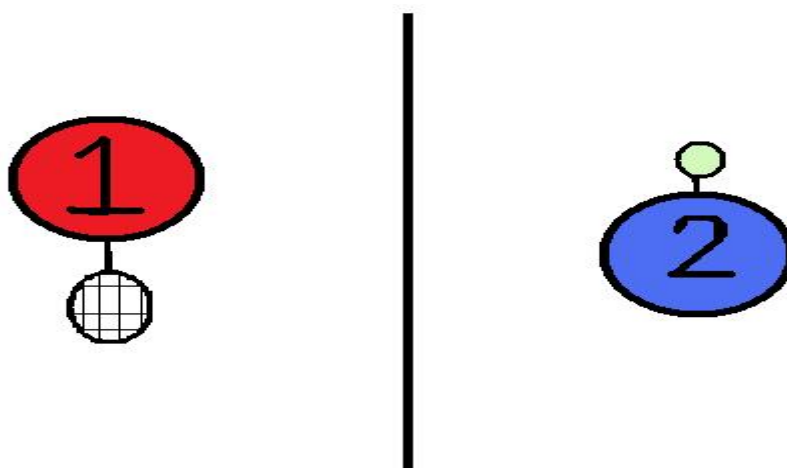
Work in threes to pass the ball.

Middle Pass

You will need : A racquet per a person
A tennis ball per a pair
Tennis courts

Setting up:

- Sort the children into pairs and ask them to stand either side of the net.
- Player 1 stands with their racquet in their hand in the middle of their side of the court.
- The player 2 stands with the ball in the middle of their side.



What to do:

- The player 2 passes the ball across the court making sure it bounces on the other side.
- Player 1 needs to move and use the racquet to pass the ball back.
- The player 1 then needs to then return to the middle of the court.
- Player 2 then catches the ball and carries on feeding to back across to player 1.
- Continue with this for 5 minutes, and swap over.
- The aim is to remember getting back in the middle of the court.

Extension

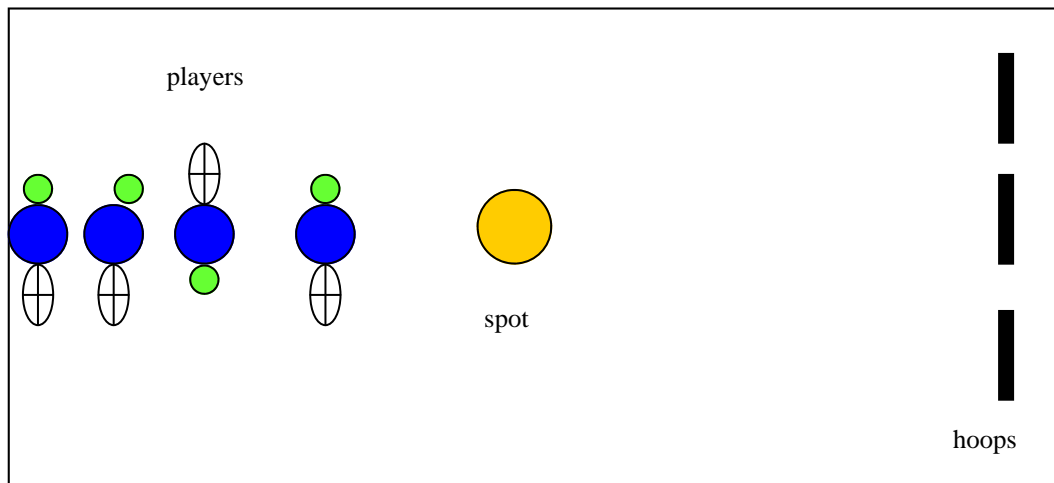
Try using more than one person in Player 2's position to keep the ball moving faster and making player 2 move more.

Hoop Hitter

You will need : Three Hoops/circles on the wall per a group
One racquet per a person
A Tennis Ball per a person
One place spot pr group

Setting up:

- Place the circles/hoops on the wall marking them with points 5, 10 & 15
- Place spot on the floor 2 meters from the wall.
- Players line up behind the spot.



What to do:

- Player take it in turns to serve the ball towards the hoops.
- If players get the ball inside one of the hoop they gain the number of points on the hoops.
- Players then retrieve their ball and move of the back of the line.
- Players then carry on taking turns and keeping track of their scores.
- Players with the highest score at the end win.

Extension

Vary the sizes of the hoops.

Place the hoops at different heights.

Stand further away from the wall.

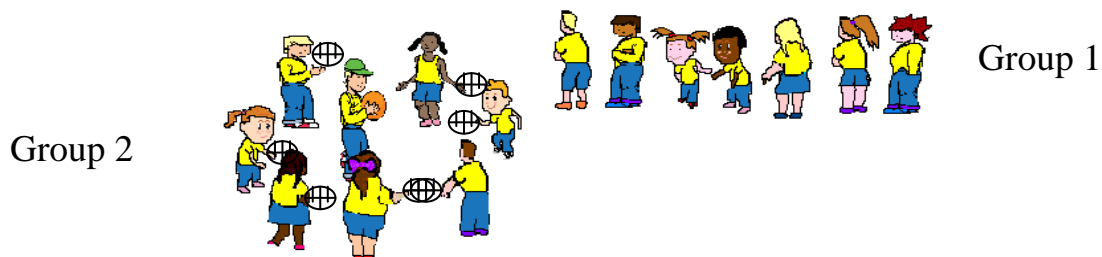
Place hoops on the floor and aim for it to land in the hoop when it bounces the first time.

Tadpole Tennis

You will need : A Large Ball
A Tennis Racquet per a person

Setting up:

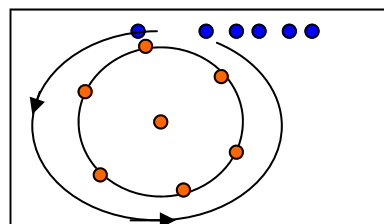
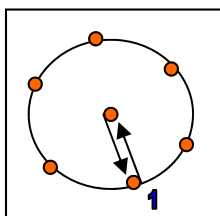
- Spilt the group into two teams.
- Group 1 should stand in a circle with their racquets and one person stood in the middle with the ball, making the tadpole.
- Group 2 should form a line next to the circle making the tail.



What to do:

Group 1

The person in the middle of the circle must turn around passing the ball to their team members on the outside the circle. The people on the outside of the circle must pass the ball back using the racquets. A full pass is when the ball is passed outside of the circle and then back into the middle. The group needs to count out loud how many full passes they can do before group 2 finishes.



Group 2

The members of group 2 will run one at a time around the outside of the circle group 1 has made. The person running must tag the next person's hand before they can go. Once each team member has run around the circle once the team must sit down and say they have finished.

Next swap the groups around and see if group 2 can get more or less passes while group 1 runs around the outside. The group with the most passes at the end wins.

Extension

The group in a circle move further away from the person in the centre.

Don't fall asleep

You will need : A basket of tennis balls per a group
One tennis racquet per a person
Two bed caps
5 players per a group (min)

Setting up:

- Split the class into groups and have them one group in each court.
- One person is the thrower on one side of the court (*red*).
- Two people need to be 'asleep' (wearing the bed caps) on the same side as the thrower (*blue with yellow triangles*).
- The other players form a line on the other side of the court with their racquets (*blue*).



What to do:

- The thrower throws the ball to the player on the other side one at a time ensuring it bounces on the hitter side of the court.
- The hitter uses the racquet to pass it back.
- If the ball bounces inside the court boundaries on the throwers side the player moves to the back of the line.
- If they miss the ball or it lands outside the court boundaries they are told to 'wake up'
- If they miss it or it is outside the boundaries a second time they are told to 'Go To Bed'
- The player they swap places with the pupils wearing the bed caps.
- The pupils wear bed caps have to retrieve the balls and place them in the basket by the thrower.
- Continue with this swapping the thrower around.

Extension

Reduce the boundaries for players aim for.

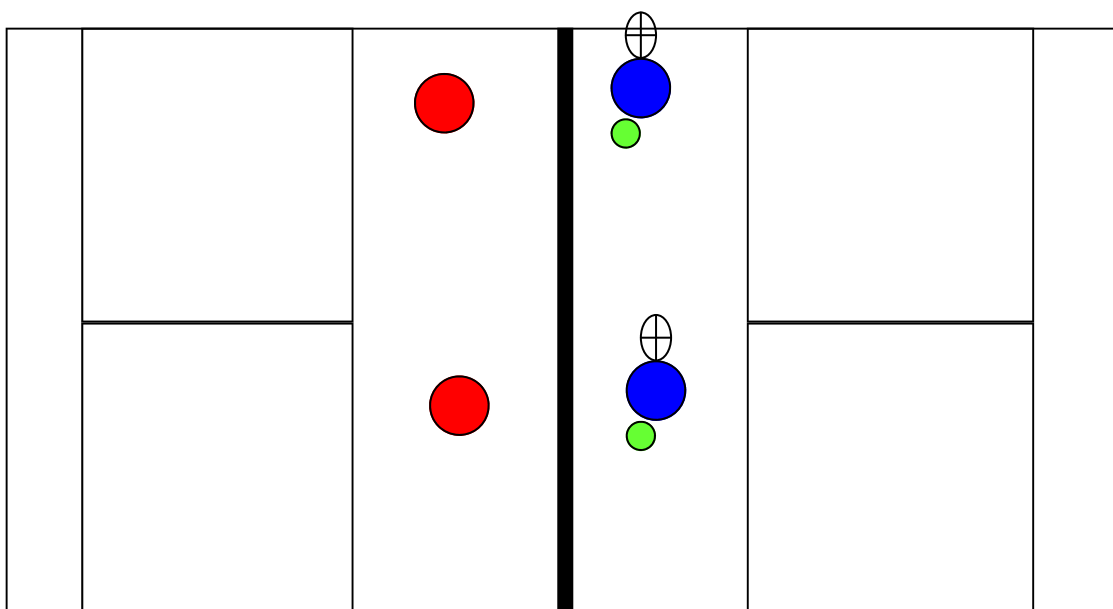
Thrower aims balls in different areas of the court so players need to move around the court.

Service Starter

You will need : One racquet per a pair
One tennis ball per a pair

Setting up:

- The pairs stand on either side of the net about 1m from the net.
- One player is the receiver (*red*).
- The other player is the server (*blue*). The server needs the racquet and the ball to start.
- There can be more than one pair on each court to start with.



What to do:

- The server, serves the ball softly over the net to the receiver.
- The receiver catches the ball and passes it back.
- After 10 serves the players swap. The server becomes the receiver and vice versa.

Extension

Take steps back further from the net

Stand in the service box to serve diagonally.

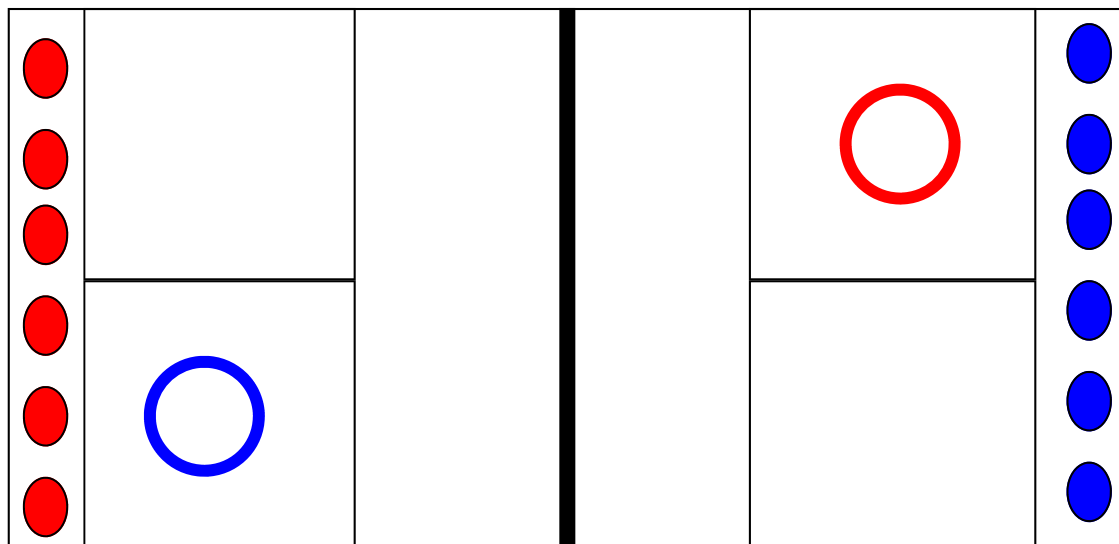
The receiver serves the ball back instead of passing.

Service bounces

You will need : 2 Hoops per a court
A racquet per a person
A ball per a court

Setting up:

- Split the group into teams with two teams on each court.
- Place a hoop in the middle of the service box.
- The two teams form lines at the back of each side.



What to do:

- One at a time players serve the ball to the other side of the court.
- They get one point for it being in the service box, two for it landing in the hoop.
- After serving the player return to the back of their line.
- The other side then retrieves the ball and serves it back.
- The first team to 10 points wins.

Extension

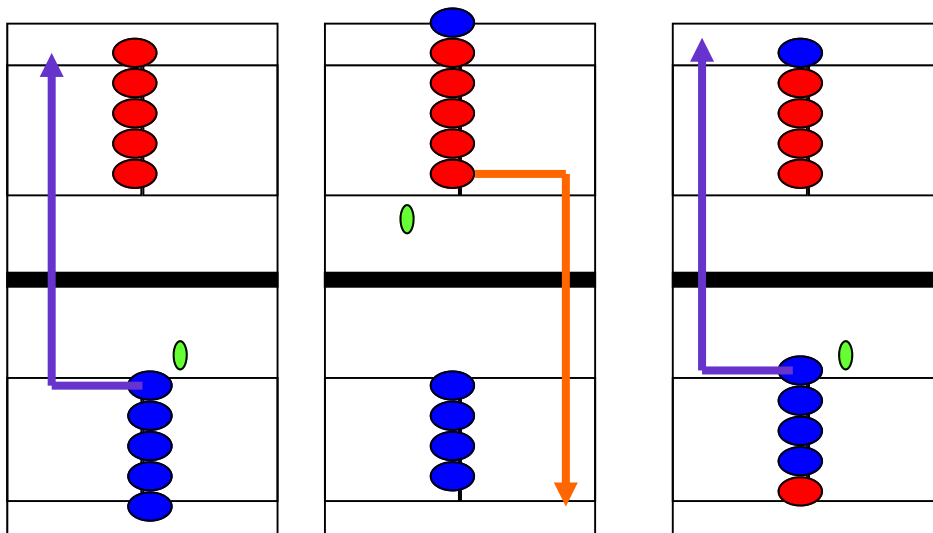
Make the hoops smaller

Rally Relay

You will need : One racquet per a person
One tennis Ball
One court per team

Setting up:

- Split the group into teams with a maximum of 10.
- Split the teams in two and they stand at either sides of the court in lines.
- One side has the ball and the person at the front starts with the ball.



What to do:

- The player with the ball serves across to the other side and then follows it clockwise around the court to the other side and join the back of the line.
- The front player on the second side returns the ball and again follows the ball clockwise to the other side and join the back of the line.
- Players keep doing this, if their shot goes wide or doesn't go over the net they must serve the ball and they get a strike.
- Three strikes and the player is out.

Extension

Use smaller groups

Use a bigger/smaller space

Use two players, players must stand either end of the court and after serving they must do a 360 turn before returning the ball again.