



TENNIS CHALLENGE

DATES: 10th – 14th May

THEME

These events are non-competitive and focus on targeting pupils who benefit from being physically active.

EVENT/ CHALLENGE

4 fun tennis activities focussing on sending/receiving skills. Learning to track the ball and be able to hit shots.

YEAR GROUPS

Year 1,2,3,4,5 & 6

WHERE?

Why not try each of the challenges in PE lessons before putting together a Mini-Olympic themed festival where pupils compete in an intra-school competition?

LEADERSHIP OPPORTUNITIES

Engage leaders by:

- Using leaders to lead part of the session (warm up/cool down).
- Using leaders to demonstrate tasks.
- Using leaders to time the activities.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

GETTING STARTED

1. Familiarise yourself with the activities via the YouTube video links provided.
2. Gathering any equipment that you may need.
3. Make any adaptations needed (see below).
4. You may want to keep track of the pupils scores for each challenge or just allow pupils to focus on achieving their personal best. We will not ask for any scores to be submitted back to us.

North Norfolk SSP



VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the School Games values.



Determination - Never giving up on trying to achieve your goals. Putting in 100% even at difficult times and being the very best you can be.



Passion- Giving it 100%, putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect- For the referee, for the opposition, for your teammates and for yourself. Treating others politely and with understanding.



Honesty- With others and with yourself. Have the courage to do what you know is right.



Self-Belief- Have belief in yourself, the confidence to succeed and reach your personal best.



Teamwork- Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.



EQUIPMENT REQUIRED

- A starting device (whistle).
- A stopwatch (with multi memory function).
- Tennis racquets.
- Tennis balls (ideally sponge or mini red).
- Tennis nets or anything that can resemble a net (bench).
- Mark out appropriate size courts
- Cones for targets and recovery positions.

THINK INCLUSIVELY (STEP)!

- ⇒ **Space**- Make the distances shorter for some pupils.
- ⇒ **Task**- Focusing on developing the skills before recording scores.
- ⇒ **Equipment**- Use mini red balls/sponge balls if possible, lower net.
- ⇒ **People**- Guide runners/visual markers to support visually impaired pupils, some events may need simple considerations or adaptations to enable disabled/ SEN students to participate, to ensure a meaningful competition opportunity the inclusion of additional races for disabled/SEN children should be included.

CHALLENGE ONE- ROLL BALL TO TARGET

CHALLENGE TWO- THROW/HIT/CATCH

CHALLENGE THREE- THE STOP RALLY

CHALLENGE FOUR- THE RALLY





CLASS RESULT SHEET



	Pupils Name	Roll Ball To Target	Throw/Hit /Catch	The Stop Rally	The Rally
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
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22					
23					
24					
25					
26					
27					
28					
29					
30					




PUPIL RECORDING SHEET

<u>STATION</u>	<u>BEST SCORE ACHIEVED</u>
Roll ball to target	
Throw/Hit/Catch	
The Stop Rally	
The Rally	

PUPIL RECORDING SHEET

<u>STATION</u>	<u>BEST SCORE ACHIEVED</u>
Roll ball to target	
Throw/Hit/Catch	
The Stop Rally	
The Rally	





HOW TO ENTER

As this is an **ENGAGE** themed event, we do not ask schools to submit pupils scores. We do however ask schools to complete the monitoring form on our website to let us know how many pupils took part in the challenge. **The deadline for submission is Friday 28th May.**

SCORING/ CERTIFICATE

Each time your class takes part in a weekly challenge make sure to remember to fill in the class recording sheet.

Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated any of the **School Games Values**.

RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

SAFEGUARDING

During the North Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

COVID 19

The North Norfolk SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.

