



#stayhomestayactive

#PEatHome

## EXPLORE

You are going to practice your skills to be brilliant ball boys and ball girls!

You will need 5 small soft objects – you can use small toys, rolled up socks or screwed up paper. You will also need 5 small pieces of paper.



### Bright ideas:

Spread your objects out on one side of your playing space, and spread your paper out on the opposite side.

- Can you quickly pick up an object and move to put it onto a piece of paper? Do this for all 5 objects.
- Try moving the objects and paper further apart.
- Try putting the objects in a line first. How else could you arrange your objects?

*How quickly can you do this?  
Be careful – do this safely!*

## PRACTICE

Ball boy and ball girl rolling

You will need your 5 soft objects again for this practice, and something to use as a big target – you can use anything that will lie flat on the floor!



Roll or slide your objects across the floor and try and land them onto your target.

Can you land all 5 on your target?

Stand further away if that is too easy!

### Mathematics - Number

Can you practice your counting out loud as you improve your ball boy and ball girl rolling and throwing skills this week.



**Step Challenge** – A tennis court is almost 70 metres all the way around. Can you complete this many steps today?

### Physical Development – Health and Self Care

Ball boys and ball girls need to keep themselves super healthy.

What healthy foods would you need to eat to be a brilliant ball boy or ball girl?

With your family could you make a delicious healthy meal to eat as you practice your ball boy and ball girl skills this week?



### Parent's Tip!

Encourage your child to explore different ways to roll and throw first.

As they improve, help them to look at the target, bend their knees slightly, stand slightly side on and swing their arm slowly and steadily.

## DEVELOP



Ball boys and ball girls sometimes need to throw the tennis ball back to the players.

In this challenge, can you throw your objects onto your target?  
Can you make your target smaller?

Find someone in your family to help you and make up a fun game for throwing at your target? Could you find a way to score points?

Challenge your family to a game!

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@SarahLayPE

Where can I find out more about Tennis?

<https://clubspark.lta.org.uk/HolfordDriveTennisClub>

<https://clubspark.lta.org.uk/CannonHillPark/>

<https://www.lta.org.uk/play-compete/lta-youth/tennis-for-kids/>

Make sure you have enough safe space to complete the tasks!

EYFS



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## EXPLORE

You will need:-

- A small ball – ideally a tennis ball. Or you can use a different ball, rolled up socks, a soft toy or screwed up paper.
- A racket – ideally a tennis racket. Or any sort of bat or something with a flat surface such as a book or tray.



### Bright ideas:

- Can you balance your 'ball' on your 'racket?'
- Can you balance your ball on your racket whilst moving?
- Put 4 objects in a square shape using as much space as you have available. Can you go around the 4 corners of the square as quickly and safely as possible whilst balancing your ball on your racket?
- Think about the angle of your racket when you are trying to balance, how can you get the ball to stay on?



## PRACTICE

Ask someone in your family to help you.

*Start with your 'ball' on your 'racket.' Can you use the racket to feed the ball to your partner? (To do this you will need to angle your racket.) Can your partner catch the ball?*



## DEVELOP



Can you make the challenge more difficult?

Set up three targets, one close, one in the middle and one far away, (you could use paper, cones, umbrellas or washing baskets!)

Can you use your racket to 'serve' the ball in to the targets. You will need to think about where you aim your racket.

A 'serve' is used when two players want to begin hitting the ball to each other. It starts the point.

Can you make up a points scoring system for getting your 'ball' in to the targets? Should the furthest target be worth the most points?

### Wimbledon Music Challenge!



Can you make up a song which includes the following words connected to tennis:

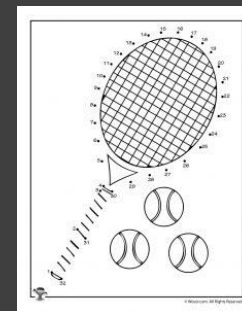
Bounce, Hit, Jump,  
Run, Slide

Your chorus must include  
'bounce, bounce, bounce the ball!'

Can you bounce your ball as you  
are singing your tennis song??

### Art & Design Challenge!

If you can print this card, can you join the dots in the picture to make a tennis racket? If you cannot print, can you copy the picture on to a sheet of paper?



Make sure you include the handle, frame and strings.

Can you colour the racket red, white and blue, the same as the Union Flag?  
What is the Union Flag?

<https://www.woojr.com/sports-connect-the-dots-printables/sports-connect-dots/>



**Step Challenge** – It is 132 miles from Birmingham to Wimbledon – can you complete this many steps today?



### Parent's Tip!

When trying to balance or pass a ball with a racket, the angle is very important. Work with your child to show them that if the racket is sloping down the ball will fall off. Practice holding the racket at different angles and see where the ball ends up

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Make sure you have enough room and safe objects to complete the tasks!

# KS1



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## EXPLORE



You will need something small and soft that you can throw – a tennis ball, rolled up socks, a soft toy or screwed up paper.

### Bright ideas:

Ask someone in your family to help you or find a wall outside that is safe to use.

- Throw your 'ball' high, medium and low to your partner or the wall.
- Can you receive a high, medium or low throw and catch it accurately?
- Make a high, medium or low target on the wall or ask your partner to make a target with their hands.
- Try moving further away from your partner or wall.

Think about your body and hand positioning when throwing and receiving the ball.

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## PRACTICE

Use a small ball if you have one – if you don't you can use rolled up socks or a small soft toy.

Can you use your hand, a racket or anything with a flat surface (a book maybe) to see how many times you can bounce the 'ball' on your 'racket'.



### French Open Foreign Languages Challenge!



Find out what the following words and phrases mean in French:

Balle de tennis  
Raquette de tennis  
Coup de revers  
Arbitre

J'adore le tennis c'est super!  
J'aime jouer au tennis.

Can you write some more tennis sentences in French?

### Art and Design Challenge!

Each year, an artist is chosen to design the poster for the French Open tournament. This year Pierre Seinturier designed this poster.

Roland Garros is famous for its red clay surface of the tennis courts. Design your own poster for the French Open. What would you focus on for your design?



Step Challenge – It is 411 miles from Birmingham to the French Open – can you complete this many steps today?



Make sure the space is safe and away from hazards when completing tasks .

## DEVELOP



### Volleying Challenge

Ask someone in your family to help you with this practice.

Ask them to gently throw the 'ball' to you. Use your 'racket' to volley the 'ball' back to them.

Can you make up a game or activity to practice your volleying skills? Can you add a way of scoring to challenge you? Ask your family to play.

Rene Lacoste won the first French Open held at the Roland Garros stadium. What interesting facts can you find out about him? Produce a fact file for his career.



### Parent's Tip!

A volley is when you hit the ball back before it touches the ground in front of you. If your child finds this difficult, allow the ball to bounce first.

# KS2



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## EXPLORE



Find a bat or racket and any ball. How many different parts of the racket can you use to hit the ball into the air?

Grip – put your hand on the strings of the racket. Move your hand down to the grip and then curl your fingers around the handle of the racket, as if you were shaking hands. Make sure you're not holding it like a frying pan!



### Bright ideas:

- Can you use a forehand shot to hit the ball down to the ground?
- Can you use a forehand shot to hit the ball up into the air?
- Can you alternate this shot by hitting the ball up and then down to the ground?



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## PRACTICE

How many forehand shots can you do against a wall in one minute?

- Vary the challenge by:
- Allowing the ball to bounce once between each shot.
  - Allowing no bounce between each shot (volley).



## Biology Challenge



The American scientist James Watson co-discovered the double helix structure of DNA.

- What does DNA stand for?
- What is the function of DNA?
- What are genes and chromosomes?
  - What is their function?

How can DNA be used to solve crimes?

<https://www.youtube.com/watch?v=AkBUriMK9u8>



Step Challenge – It is 3,367 miles from Birmingham to the US Open – can you complete this many steps today?



## US Open Geography Challenge!



In 1989, San Francisco suffered a huge earthquake. Can you describe what happened using these key words:

EPICENTRE  
SHOCKWAVE  
FOCUS  
RICHTER SCALE

What were the social and economic impacts?

[https://www.youtube.com/watch?v=viE\\_yQNFvhM](https://www.youtube.com/watch?v=viE_yQNFvhM)



Make sure you have enough room to complete the tasks!

## DEVELOP



Practice your forehand with another member of your family. Find a small space and draw a line down the centre or use markers.

- How many times can you use a forehand shot to hit the ball to each other.
- Can you come up with 5 new rules for your game?

American John Isner played the longest ever tennis match at Wimbledon in 2010, lasting for 11 hours and 5 minutes. What nutritional advice would you have given him to ensure that he played his best for the entire match?



## Parent's Tip!

Make the practice task more difficult by not allowing any bounces between shots. To make these tasks easier, allow one or two bounces.



# KS3



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## EXPLORE



Find a bat or racket and any ball. How many different parts of the racket can you use to hit the ball into the air?

Grip – put your hand on the strings of the racket. Move your hand down to the grip and then curl your fingers around the handle of the racket. Make sure the back of your hand faces upwards.



### Bright ideas:

- Can you use a backhand shot to hit the ball down to the ground?
- Can you use a backhand shot to hit the ball up into the air?
- Can you keep the ball in the air by using a forehand and then a backhand grip?



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## PRACTICE

How many backhand shots can you do against a wall in one minute?

Vary the challenge by:

- Allowing the ball to bounce once between each shot.
- Allowing no bounce between each shot (volley).
- Can you alternate your shots between a forehand and a backhand shot?



## Australian Open Art Challenge!



The indigenous people of Australia are called Aborigines. They create art work by painting on leaves and wood, making sculptures and sand painting.

Aboriginal people are famous for their dot drawings:

<https://www.youtube.com/watch?v=ZL6XL7tSAJg>

Can you create a dot drawing?



## Chemistry Challenge!

In 1851, Australia started a gold rush in New South Wales. People flocked to the area to find gold and make their fortune.



- What is the atomic number of gold?
- What are the physical properties of metals in the periodic table?

Pure gold is 24 carat. If a ring is 18 carat, can you calculate the percentage of gold in the ring?

What other metals can gold be mixed with to create an alloy?



Step Challenge – It is 10,548 miles from Birmingham to the Australian Open – can you complete this many steps today?



Make sure you have enough room to complete the tasks!



## Parent's Tip!

Make the practice task more difficult by not allowing any bounces between shots. To make these tasks easier, allow one or two bounces.

Can you design a game where you can practice your forehand and backhand shots?

- What equipment would you need?
- What space would you need?
- How could you adapt your game if someone found it too easy?
- How would you adapt your game if someone found it too challenging?

Can you produce a podcast or newspaper article explaining your practice and why it would help people to improve their backhand shot?

Ashleigh Barty is the current number one in women's tennis. What 5 questions would you ask her if you could interview her?



# KS4

