

Tennis Intra School Festival

1. You have been identified to be part of an Intra School team to take part in the Home Tennis Intra School Festival, you and three other children in your school will make up your team.
2. Each person will have a couple of days to practise the skill stations below and then you will be asked to submit your best score back to the school.
3. Your score will then be added to the other three members of your team and you will then be sent the results.
4. The schools best team score will be sent to Harrogate School Sports Partnership to see which school team is the Harrogate area School Games Champion.

Skills Station 1 – Bounce a ball on the ground using a racket

- The ready position: feet apart, knees bent and hands prepared.
- Keep body height the same, not bobbing up and down.
- Bounce the ball at around waist height.
- Control the racket with a steady wrist.

How many bounces can you do in 1 minute



Skills Station 2 – Bounce a ball in the air using a racket

- The ready position: feet apart, knees bent and hands prepared.
- Keep body height the same, not bobbing up and down.
- Bounce the ball on the racket into the air, keeping the racket about waist height.
- Control the racket with a steady wrist.

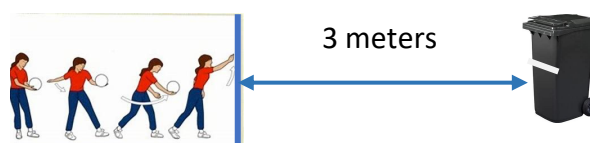
How many bounces can you do in 1 minute



Skills Station 3 – Go for target

- Player sets up a player the area like below
- Set up a service line and then use your wheelie bin as the target
- The wheelie bin should be 3 meters away from your service line
- Put some white tape half up you wheelie bin
- You have 10 underarm serves to hit the wheelie bin.

Scoring: 5 points every time you hit the top half of the wheelie bin and 2 points every time you hit the bottom half of the wheelie



Score card Child:

Please return to your school by: Friday 8th May

Station	Skill	Score
1	Bounce a ball on the ground using a racket	
2	Bounce a ball in the air using a racket	
3	Underarm serve – Go for target	
Total Score of each station		



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person / team win not the best cheat.
Take a photo / video and show us how you are doing via twitter @HarrogateSSP