

## Wimbledon Week Virtual Tennis Competition

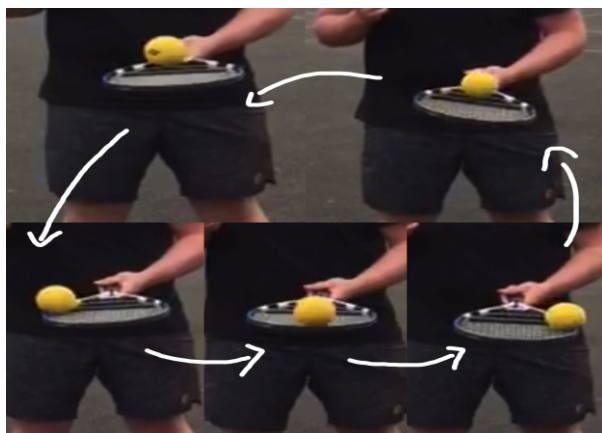
### Years 1, 2 & 3

#### Competition Events

##### IMPORTANT

All activity must take place under adult supervision, ensuring;

- All surfaces are clear, dry and free from debris.
- Sufficient space is cleared around all activity – ensure there are no obstacles around activity.
- Use sponge ball if possible (or whatever ball you have at home is fine)



#### Round The Clock

Racket should be held at waist height.

Roll the ball around the face of the racket either clockwise or anti-clockwise.

When the ball travels back around to the base of the racket you score 1 point.

Count how many FULL rotations completed in 60 seconds. If the ball drops, pick it up and carry on.

PLEASE USE A FLAT DRY SURFACE.

#### Floor Tennis

Stand 2-3 metres away from the wall.

The ball and racket should be out to the side of your body.

'Splat' the ball with the racket; push the ball towards the wall; continue the swing of the racket from low to high over the shoulder. Use your feet to move out of the way of the ball.

Count how many hits against the wall in 60 seconds. If a mistake is made, carry on.

PLEASE USE A FLAT DRY SURFACE.



#### Ups

Racket should be held at waist height.

Maintain the same height of the ball – head height.

Keep the pushes soft.

Keep your eyes on the ball.

Stay on your toes to help your movement.

Count how many UPS are completed in 60 seconds. If the ball drops, pick it up and carry on.

