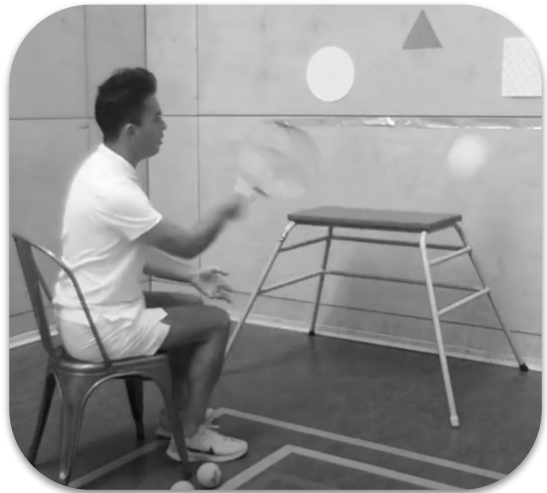


Activity Card

Net/Racket Sports: Tennis



Use the 'shaking hands' grip and make sure you have control of the racket.



Practise your skills from a seated position against a wall with targets on it.

Explore different shots you can play in a tennis match.

Use tennis equipment safely and be independent in getting ready to play.

Begin to move confidently and fluently in different directions.

Develop an understanding of tactics and how points are scored in tennis.



Try to play shots in different directions and experiment with the power and speed.



How many shots can you play before the ball bounces on the floor?

