

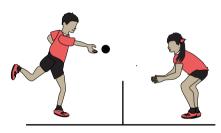
Throw Tennis PE Home Learning



Can you play fairly and keep the score?

Time to Learn:

- Mark out a tennis court. Use a rope as a net or socks as the court markings.
- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court.
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point.
- Make sure that you start the game by serving from the back of the court.
- The first player to score ten points is the winner.





Play on your own and throw the ball against a wall. Let it bounce once and then catch it.





competition! Create a league table and play against different family members.

Top Tips

Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

Let's Reflect

Where were you aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?



