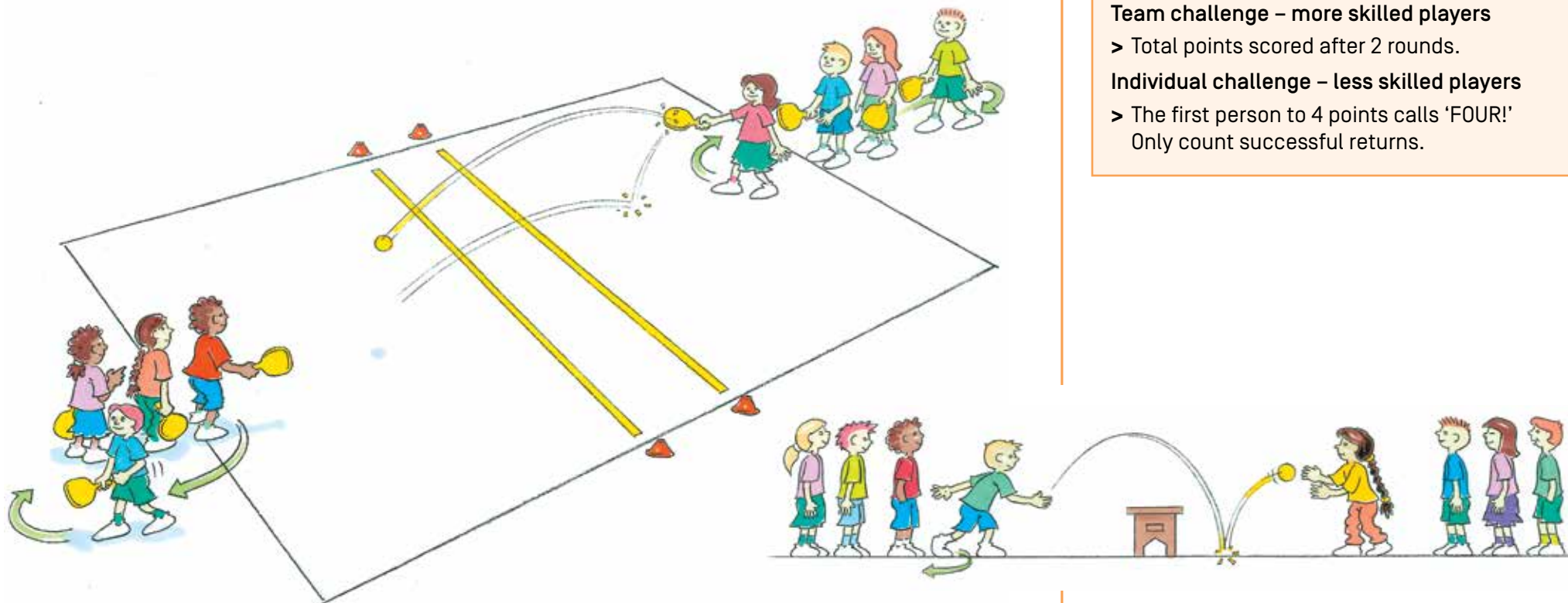


Continuous tennis

Players in small groups hit a ball over an obstacle and run to the back of the line making way for the next player to receive a ball and hit it. Loads of fun in the water!



What you need

- > Playing area with net or alternative, such as a marked 'no-go' area or a bench
- > One paddle bat per player
- > Tennis ball or similar for each group
- > Markers or tape
- > For the pool option, water should be waist-deep

What to do

This activity assumes some proficiency in hitting a ball with a bat.

- > Start with underarm hits.
- > After the first ball is hit, the player moves to the right and then to the back of the line.

Scoring

Team challenge – more skilled players

- > Total points scored after 2 rounds.

Individual challenge – less skilled players

- > The first person to 4 points calls 'FOUR!'
- Only count successful returns.

LEARNING INTENTION

Continuous tennis is a rallying activity that requires students to practice hitting accurate shots to the team on the other side of the court.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION COORDINATION

COLLABORATION

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO45

ACPMPO61

ACPMPO63

change it...

Continuous tennis

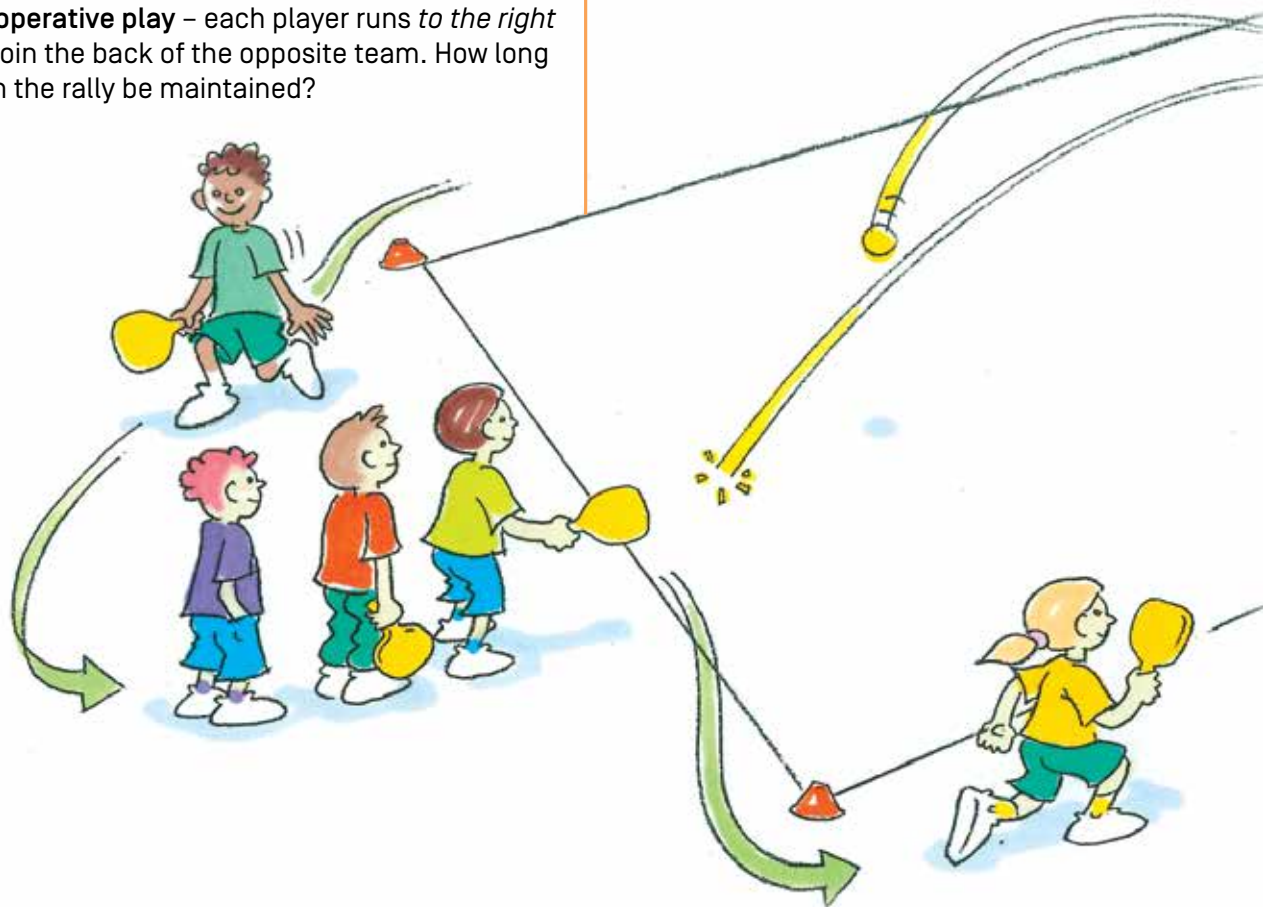
Coaching

- > The racket/bat option assumes some proficiency with hitting a ball with a racket/bat.
- > Spend time instructing students on the side if they need to develop proficiency.

Game rules

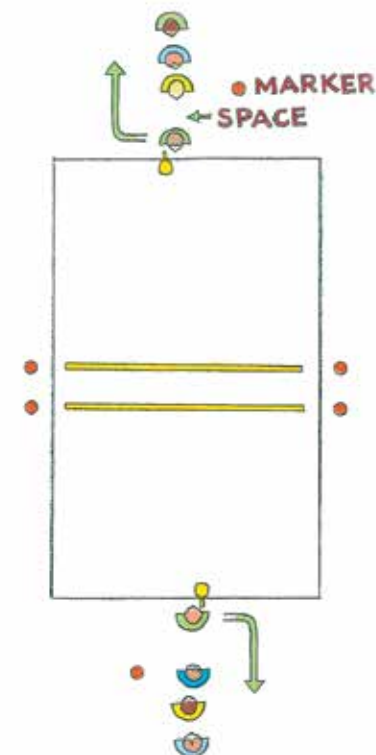
- > **Throwing, rolling or kicking** – provide an alternative for less skilled players or as a warm-up (use a larger ball).
- > **Cooperative play** – each player runs *to the right* to join the back of the opposite team. How long can the rally be maintained?

- > **2 bounces allowed** – for less experienced players.
- > **Include all** – vary the racket size, use a slower ball, don't use a net, decrease the size of the playing area.



Safety

- > Provide sufficient space between groups.
- > A clear strategy to control player/space movements is important. Hitting players peel off to the right and team-mates stand behind a marker (e.g. tape on the ground).



- > The next player waits until the hitter has moved to the right before stepping up.
- > Balls are retrieved from another group's court only after play there has stopped.