**P.E Week 8**



**Lessons: Tuesday 2nd March 2.15 – 2.45**

**Wednesday 3rd March 2.15 – 2.45**

**Friday 5th March 2.15 -2.45**

**There are 3 P.E. Lessons this week and our focus will be tennis! If you do have a tennis racket and ball, please use those but, if not, you can use a swing ball racket, hard-back book or your hand and rolled up socks, a ping pong ball, an apple or anything round shaped.**

Warm up – Moving on the spot, practise throwing and catching, keeping your eye on the ball/object at all times. Then, throw clap and catch to challenge yourself! Or even throw, turn around and catch your ball/object.

1. **Balancing the ball -** Using the 'handshake grip'- hold the handle like you are shaking someone’s hand- balance the ball/object on your racket while moving around. Try and keep the ball/object in the centre of the racket. **Then, can you balance on 1 leg, or even sit down while balancing the ball/object? To make it harder can you add another ball/object.**
2. **Tap-ups –** Practise tapping the ball/object up and down while using the 'handshake grip'. **How many taps can you do in two minutes? Can you get to 50/100?To make it harder, can you hold the racket in your weaker hand?**
3. **Bouncing the ball –** If you have a ball, practise bouncing the ball down to the floor. If you don't have a ball, you can practise tap-ups while spinning the racket. **How many can you do in two minutes?** **To make it easier you can catch the ball in-between each hit.**
4. **Wall Rally-** If you have a wall, practise hitting your ball/object against it, remembering your 'handshake grip' and to always keep your eye on the ball! **How many hits can you do in two minutes?** **To make it harder can you hit the ball faster or further away.**

Please keep a record of your scores in the table below. Can you improve your score each day?

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| **Session** | **Warm up completed**  **✓/X** | **Balancing – were you successful? ✓/X** | **Tap ups in two minutes** | **Bouncing the ball in two minutes** | **Wall Rally** |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |

Once you have completed your tennis challenges, please complete two of the activities below each day. Don’t forget to include a cool down session at the end of your workout.

 

 