



A-Z School Games Challenge

T – Tennis Challenge – Keepie Uppie

We would love to see you all being active and improving your physical skills, keep us updated (via twitter) with your efforts using the #StayInWorkOut and tag @ThinkActiveCSW

Net and wall games

KEEPIE UPPIE

Achieve the challenge
The aim is to keep the ball up on your racket while taking part in the different challenges.

How to play
How many times can you bounce the ball in the air with your racket, without it dropping on the ground:

Challenges:

1. Using a forehand grip?
2. Using a backhand grip?
3. Alternating between a forehand and backhand grip?
4. While walking in a straight line to a cone 4m away, then back?
5. While walking around obstacles to a cone 4m away, then back?

Equipment

Essential

- A racket and a ball.

Optional

- Cones or markers.
- Different rackets and balls so players can choose.

Spirit of The Games

Determination:
What do you do when you drop the ball?
Do you keep trying?

Teamwork:
Are you giving other players around you enough space to try the challenges?

Honesty:
Do you keep an accurate count of your score?

Play the video
Scan this QR code on your mobile device to watch how the game is played.

Safety

- Ensure you are in a space far away from others and keep your head up.
- Use safety cones or floor spots for the obstacles.

Link it up
This game helps you practise the correct grip used in net and wall games like tennis, table tennis, squash and badminton.

Think tactics

- How high are you hitting your shots?
Is it better to have big or small bounces?



Net and wall games

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SCHOOL GAMES

Roles for leaders and officials

- Check all the equipment is available.
- Set out individual spaces which are large enough to be safe.
- Measure out the 4m for Challenge 4 accurately.
- Check players are counting scores accurately.

Including Everyone

- If someone can't see very well, give them a partner with a bell. The partner shakes the bell in different areas and the other player has to tag it.

STEP in. Including all young people by changing the Space, Task, Equipment or People (STEP)

EASIER

- S** Decrease the distance on Challenges 4 and 5.
- T** Keep the ball on the racket without bouncing.
- E** Change the size of the racket, shorter handle, larger face.
- P** On your own in a big space.

HARDER

- S** Increase the distance on Challenges 4 and 5.
- T** Increase the length of time.
- E** Use a smaller ball e.g. squash ball.
- P** Work with a partner.

Change it up

- Can you work with a partner keeping the ball up between you?
- Can you keep the ball up whilst at different heights? E.g. standing, on your knees, sitting etc.
- Use music to decide when to swap your grip or move on to the next challenge.
- There are lots of ways that this game could be played. Be creative and come up with your own versions!

SMILES DETECTIVE

It's important to make sure you can answer **YES** to the following questions.

SMILES checklist:

- Is the activity safe?
- Is everyone joining in?
- Can you change anything if they aren't?
- Is everyone learning new things?
- Is everyone smiling and enjoying the game?

If you can't answer **YES** to these questions, make sure you **STEP in.**



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FUN FACT – There are 4 “Grand Slam” tennis tournaments: Wimbledon, US Open, French Open and The Australian Open. The record for the longest game took 11 hours and 5 minutes, and was played over 3 days. The final score read: John Isner def. Nicolas Mahut 6–4, 3–6, 6–7(7–9), 7–6(7–3), 70–68.

If you have enjoyed this challenge and would like to find out more, check out this link to get on court or find a coach - <https://www.lta.org.uk/play-compete/get-on-court/find-a-tennis-court/>

FOLLOW, RETWEET, GET INVOLVED!