

NOT AT SCHOOL

SCHOOL GAMES



WARM UP



ACTIVITY 1



Ball Balance – Using a racket, bat, book or an upturned frying pan and a soft ball (or rolled up pair of socks/balloon), can you move around slowly while keeping the ball balanced on the racket? Don't worry if the ball falls to the floor, just focus on keeping the racket steady and your grip strong. Set out a slalom course using objects in your house and try to walk around them while balancing the ball. For an added challenge, try doing keep ups while completing the course.

ACTIVITY 2



Tennis Hockey – Place 5 items from your house in a straight line to create a slalom course. Using your racket/soft ball from Activity 1, move in and out of the items keeping the ball controlled on the floor with your racket. Keep your grip strong and wrist firm for extra control. To make it more difficult, reduce the gap between the items and complete the course moving faster.

After you've had lots of practice runs, add a goal at the end of the slalom course to practice striking. To help you shoot accurately to the goal, stand sideways on to the target and swing the racket back to front. Make the goal smaller/further away for an added challenge.

ACTIVITY TRACKER CHALLENGE

From 23rd February to 24th March, every minute of exercise you complete goes towards the SLSSP Quad Cup - Activity Tracker Challenge! **Click this [link](#) for more information and details on how to track your exercise!**

The Bean Game – Someone in your house calls out different types of beans and you must move in a certain way. This can be done on the spot or around a room.

Jumping bean = jump around the area

Runner bean = run around the area

Jelly bean = shake body whilst moving

French bean = do the can-can (alternate legs)

Can you create your own bean movement?

CHALLENGE 1



Tennis Skittles

Using the items from your house, create an arrow formation a few metres away from your starting position. Practice striking the ball with a racket to aim and hit one or more of the targets. How many hits can you get in 1 minute? Record your score and repeat the challenge to see if you can beat it. Make this game into a challenge against someone else in your home. Who can get the most successful hits while striking towards the target? Make it harder by standing further away or having less items to hit.

