Throw Tennis
PE Home Learning

**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 opponent’s 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.

**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?**

**Play for five minutes!**

The player with the most points at the end is the winner.

**Have a competition!**

Create a league table and play against different family members.

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