

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, orienteering, athletics, cricket, gymnastics, boccia, netball and racket sports. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Notts [website](#) or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to nottsschoolgames@activenotts.org.uk

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

INTRODUCTION TO

Racket Sports



In the cloud write down some differences between the games of badminton and tennis.

Amazing facts - racket sports records

1. At Wimbledon in 2010, John Isner and Nicolas Mahut played the longest ever tennis match in history. It went on for three days and took place over 11 hours and five minutes with Isner coming out victorious 70-68 in the final set.
2. The longest ever rally in a game of squash took a staggering one hour, four minutes and 28 seconds to complete. The world record was achieved on Saturday 10th December 2016 at Edinburgh Sports Club, by Simon Boughton and Mark James. They completed 2536 shots in a single rally.
3. The fastest smash achieved in badminton belongs to Denmark's Mads Pieler Kolding, who unleashed a shot timed at 264.7 mph (426 kph)

Find out which country these famous tennis players are from?

Roger Federer - _____ Venus Williams - _____

Andy Murray - _____ Maria Sharapova - _____

Rafael Nadal - _____ Ashleigh Barty - _____

Name the Sport



Name the Sport



Name the Sport



List as many different shots used in racket sports and practice how to hold the racket, e.g.: forehand



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TEST YOUR KNOWLEDGE

How well do you know the Wimbledon championships? Give this BBC Quiz a go: <https://www.bbc.co.uk/sport/tennis/48458340>

SPORT THEME

RACKET SPORTS

Primary

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview

- Target Practice
- Racket Skills

Equipment needed

Racket: Tennis racket, badminton racket, frying pan, book, tray

Ball: Tennis ball, soft ball of any size, tin foil ball or rolled-up socks

Targets: Cones, plastic bottles or cups, soft toys, other balls

School Games values focus

Honesty and Self Belief

TUESDAY CHALLENGE

! Personal challenge

Activity overview

- Lunge & Catch
- Keepie Uppies

Equipment needed

Racket: Tennis racket, badminton racket, frying pan, book, tray

Ball: Tennis ball, soft ball of any size, scrunched up tin foil, balloon or rolled-up socks.

2 items (tins, cones, mugs, etc)

School Games values focus

Honesty and Teamwork

#stayhomestayactive

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

- A-Z Tennis Fitness Workout
- Court Movers

Equipment needed

Racket: Tennis racket, badminton racket, frying pan, book, tray

Ball: Tennis ball, soft ball of any size, scrunched up tin foil, rolled-up socks.

Other: Cones, or anything which can appropriately act as a cone

School Games values focus

Teamwork and Honesty

#stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

- Noughts and Crosses
- Wimbledon Wordsearch

Equipment needed

Racket: Tennis racket, badminton racket, frying pan, book, tray

Ball: Tennis ball, soft ball of any size, scrunched up tin foil, rolled-up socks.

Other – pen/pencil, stopwatch

School Games values focus

Determination

NOTTS SCHOOL GAMES

FRIDAY FUN

! Virtual competition

Activity overview

- Racket Balance Challenge
- Radio Commentator

Equipment needed

Racket: Tennis racket, frying pan, book, hand

Ball: Tennis ball, rolled-up socks or scrunched up tin foil.

Voice recording device: e.g. smartphone, or tablet

Once complete, submit your entry at www.activenotts.org.uk/forms/view/sgvc before 9:00am on Friday 17th July 2020 Earn points for your school and download your certificate.

School Games values focus

Determination and Passion

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For additional challenges and ideas on how to keep physically active visit the Active Notts [website](http://www.activenotts.org.uk) or your School Games Organiser page.

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MONDAY MOVERS

Target Practice

! Physical literacy/skills

ACTIVITY

- Gather your targets (objects) and decide where to play.
- Set them up outside in front of you, one to two metres away, ensuring you won't damage them or any other objects.
- Depending on what racket you have, think about the best way to play an accurate shot (avoid overhead serve shots if using a tennis racket)
- Play a shot to try and hit one of the targets. Whenever you hit a target, run and collect the target and resume aiming for the targets
- Repeat this process until all targets have been hit!

EQUIPMENT NEEDED

Racket: Any racket, but if you don't have one, try using a frying pan

Ball: Tennis ball, shuttlecock or makeshift ball, such as scrunched up foil or pair of socks

Targets: Cones, plastic bottles or cups, soft toys, other balls

MAKE IT EASIER...

Practice hitting the targets by throwing the ball

MORE OF A CHALLENGE

Increase the distance between the targets and where you're hitting from

MAKE IT INCLUSIVE

Get someone to serve the ball towards your racket for you to then hit towards the targets

LEAD OTHERS

Can you get others to create a scoring system for your game?



15mins



How can you demonstrate honesty throughout this challenge?

Ensure you only pick up the targets you truly hit (it doesn't matter if you don't knock them over!)

! TOP TIPS

This is about accuracy and not power, so relax when you play a shot

Why not try this now? Badminton England #BEatHome challenges. Give these a go: <https://www.badmintonengland.co.uk/beathome/for-players/>

MONDAY MOVERS

Racket Skills

! Physical literacy/skills

ACTIVITY

- Watch the two videos and give all the activities a go:
- Lesson 1 – Basic Racket Skills
<https://www.youtube.com/watch?v=jk7KxEBnYps&t=191s>
- Lesson 2 – Racket Skills 2
<https://www.youtube.com/watch?v=UOUcdZPHB3k&t=37s>

EQUIPMENT NEEDED

Racket: Tennis racket, frying pan, book or hand

Ball: Tennis ball, soft ball of any size, tin foil ball or rolled-up socks

MAKE IT EASIER...

Use a bigger ball and your hand

MORE OF A CHALLENGE

Hit each shot through a target made of two items. Keep decreasing the size of the target

MAKE IT INCLUSIVE

Sit on a chair and hit from either side of your chair

LEAD OTHERS

Explain what to do to a family member or partner and play



15mins



How can you demonstrate self belief throughout this challenge?

You may not find everything easy but believe that, with practice, your racket skills will improve.

! TOP TIPS

Follow the videos carefully. You can always pause the videos intermittently to practice the skills

Why not try this now? LTA Tennis at Home Exercises. Give some of these a go: <https://www.lta.org.uk/play-competel/ta-youth/tennis-at-home/>

TUESDAY CHALLENGE

Lunge & Catch

! Personal Challenge

ACTIVITY

- Using a shuttlecock, throw it vertically in the air so it will land in front of you
- Lunge forward and catch the shuttlecock
- Once you've had a practice, give yourself a challenge!
- In 60 seconds, how many successful catches in a lunge can you complete?
- After your first attempt, can you beat your score?

EQUIPMENT NEEDED

Shuttlecock: If you don't have a shuttlecock, you can use scrunched up tin foil, a tennis ball or rolled up socks



15mins



How can you demonstrate honesty throughout this challenge?

Are you being true to yourself as to how many you successfully catch?

MAKE IT EASIER...

Throw the ball higher in the air to give you more time to focus on the lunge

MORE OF A CHALLENGE

Only catch the shuttlecock with one hand!

MAKE IT INCLUSIVE

Get someone to throw the shuttlecock to you to focus on your lunge

LEAD OTHERS

Challenge others (parents, siblings, classmates) to have a go!

! TOP TIPS

When you lunge, keep your knee in line with your feet and take your time doing it – don't overstretch yourself!

Why not try this now? Why is lunging key in Badminton? Look at the different types of shots and discover why: <https://www.badmintonengland.co.uk/play/ways-to-play/the-basics/>

TUESDAY CHALLENGE

Keepie Uppies

! Personal Challenge

ACTIVITY

- Can you do the following?
- 20 bounces on your racket – forehand grip
- 20 bounces on your racket – backhand grip
- 20 bounces swapping the racket face every shot
- Keep tapping the ball on your racket as you walk around two markers two metres apart
- Keep tapping the ball on your racket as you jog around two markers two metres apart

EQUIPMENT NEEDED

Racket: Tennis racket, frying pan, book or hand.

Ball: Tennis ball, soft ball of any size, scrunched up tin foil, balloon, or rolled-up socks.

Other: Two items (tins, cones, mugs etc.)



15mins



How can you demonstrate teamwork throughout this challenge?

Are you giving other players enough space (two metres away) to complete the challenge safely

! TOP TIPS

Keep your head still. Watch the ball. Use little soft taps

Why not try this now? Try the 60 second tennis tap up challenge. How many can you do in a minute? <https://twitter.com/schoolgames1/status/1259793159091097601>

MAKE IT EASIER...

Use a lighter bigger ball. When moving, balance the ball on the racket without bouncing it

MORE OF A CHALLENGE

Perform the 20 bounces as fast as you can.
Use a smaller ball, e.g. squash ball, or table tennis ball

MAKE IT INCLUSIVE

Tap up a balloon using your hand or racket. This can be done from a seated position as well

LEAD OTHERS

Demonstrate and explain each different activity to a partner or household member

WEDNESDAY WORKOUT

! Links to numeracy/literacy

ACTIVITY

- Create a 1.5m x 1.5m square using four different coloured cones
- The default starting position will be in the middle of the four cones
- Using the different colours as commands, get someone to shout out a colour and you will have to touch the correct cone as quick as you can, then move back to the default position until the next colour is called

EQUIPMENT NEEDED

- Cones: four different coloured cones or objects, such as water bottles
- Racket: (optional) any racket of your choice



15mins



How can you demonstrate teamwork throughout this challenge?

Other than shouting commands, how else can you work together as a pair?

LEAD OTHERS

Swap roles with the person shouting the commands

! TOP TIPS

Always be on your toes in the default position and ready to move to whatever position, just like tennis or badminton!

Why not try this now? Watch the challenge and compare yourself.

<https://www.youtube.com/watch?v=xcGtXMsa3f0>

Court Movers

MAKE IT EASIER...

Slow the commands down to a comfortable pace

MORE OF A CHALLENGE

Instead of standing in the default position, try lying down on your front, or back

MAKE IT INCLUSIVE

Change the size of the square, and/or use a racket to touch the cone

WEDNESDAY WORKOUT

! Links to numeracy/literacy

ACTIVITY

- A to Z Tennis Workout
- Using the exercise sheets in the appendix complete the exercises to spell:
 - NET MATCH
 - UMPIRE RETURN
 - BACKHAND

EQUIPMENT NEEDED

- One sock ball and a space. Why not play some motivational music as you workout!



15mins



How can you demonstrate honesty throughout this challenge?

Be honest and perform the correct number or time for each exercise

! TOP TIPS

Always be on your toes in the default position and ready to move to whatever position, just like tennis or badminton!

Why not try this now? *TENNIS FITNESS CHALLENGE* | Try This Tennis

Workout at Home! https://www.youtube.com/watch?v=vD_YDv2ymno

A-Z Workout

MAKE IT EASIER...

Complete three of the five words

MORE OF A CHALLENGE

Think of three more words to do with tennis and complete the exercises to spell them

MAKE IT INCLUSIVE

Make your own exercise routine from the A to Z

LEAD OTHERS

Demonstrate each exercise to a household member so they can complete the exercises with you

A to Z Tennis Fitness

A	B	C	D	E	F	G	H	I
Tuck Jumps x 10	Sit down and stand up x 5	Sprint on the Spot 30 seconds	Sit Ups with bent knees x 10	Balance on your right leg for 10 seconds	Squats x 10	Step Ups x 10	Jump forward and back over a line x 10	Sidestep 3 times then hit with forehand action. Sidestep 3 times hit with backhand action x 5 (No racket)
J	K	L	M	N	O	P	Q	R
Tap Ups using your right hand and a rolled up sock x 10	Circle both arms forward brushing your ears each time x 10	Hit Tennis Service action x 10	March on the spot high knees x 10	Hop on Right Leg x 10	Run forward for three steps and then back for 3 steps x 5	Balance on your left leg for 10 seconds	Tap a ball between your hands on the floor x 10	Lunge forward and perform forehand volley action x 5
S	T	U	V	W	X	Y	Z	
Hop on left leg x 10	Jump side to side over a line x 15 (Speed bounce)	3 sidesteps to the right and 3 sidesteps to the left x5	Circle both arms backwards brushing your ears each time x 10	Star Jumps x 10	Sitting: Tuck knees to chest then straighten legs x 10	Tap Ups using your left hand and a rolled up socks x 10	Mountain Climbers x 10	

Thursday Thinking

Noughts and Crosses

! Problem solving

ACTIVITY

- Make out a noughts and crosses grid (nine boxes) – check out the video [here](#)
- You will need two sets of three balls, or rolled-up socks
- Place two markers, two metres away from the grid and two metres away from each other. Put three balls, the same colour, behind each marker.
- Hit the ball with your hand towards the grid.
- Run out and place the ball in the middle of the first square it hits. If you miss the grid run out and bring the ball back.
- Two players – alternate attempts. Each player must wait until their opponent is back behind their marker before hitting. The first player to get three balls in a row wins. If no one has won when all the balls are on the grid, run and collect one of your balls and hit it again. Remove a ball that gives a chance of getting three in a row.
- For one player – alternate between the two different coloured balls aiming to get three of each in a line. How quickly can you do it?

EQUIPMENT NEEDED

Racket: Hand

Ball: 6 x rolled-up pairs of socks (3 dark, 3 light)

3 x 3 Grid: -Tape, rope etc or 9 targets eg hoops, magazines

Markers: (cones, tins, mugs, etc)

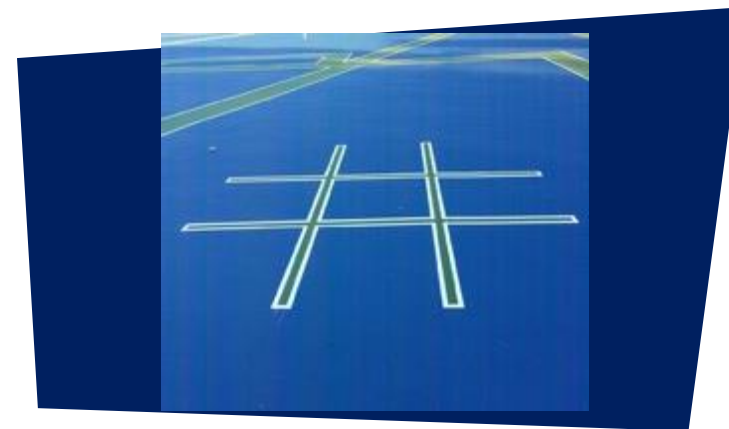


How can you show determination throughout this challenge?

Even if you are struggling to get three balls in a line keep going until you do



15mins



MAKE IT EASIER...

Throw the ball underarm rather than hitting it
Move to within one metre of the grid
Make the grid spaces bigger

MORE OF A CHALLENGE

Move three metres away from the grid
Play using your other hand
Make the target areas smaller.

MAKE IT INCLUSIVE

From a seated position, roll, hit, or throw the ball towards the targets.
Have a partner or member of your household to do the running for you.

LEAD OTHERS

Explain the game to a member of your household and demonstrate how to hit the ball with your hand. Challenge them to a game.

! TOP TIPS

Remember to follow through with your racket to your target. Do you need to hit your next shot harder or softer to hit your target?

Why not try this now? LTA Tennis at Home Exercises. Give some of these a go:

➤ <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

WORKSHEET

WIMBLEDON WORDSEARCH

WARM UP 1

Name _____

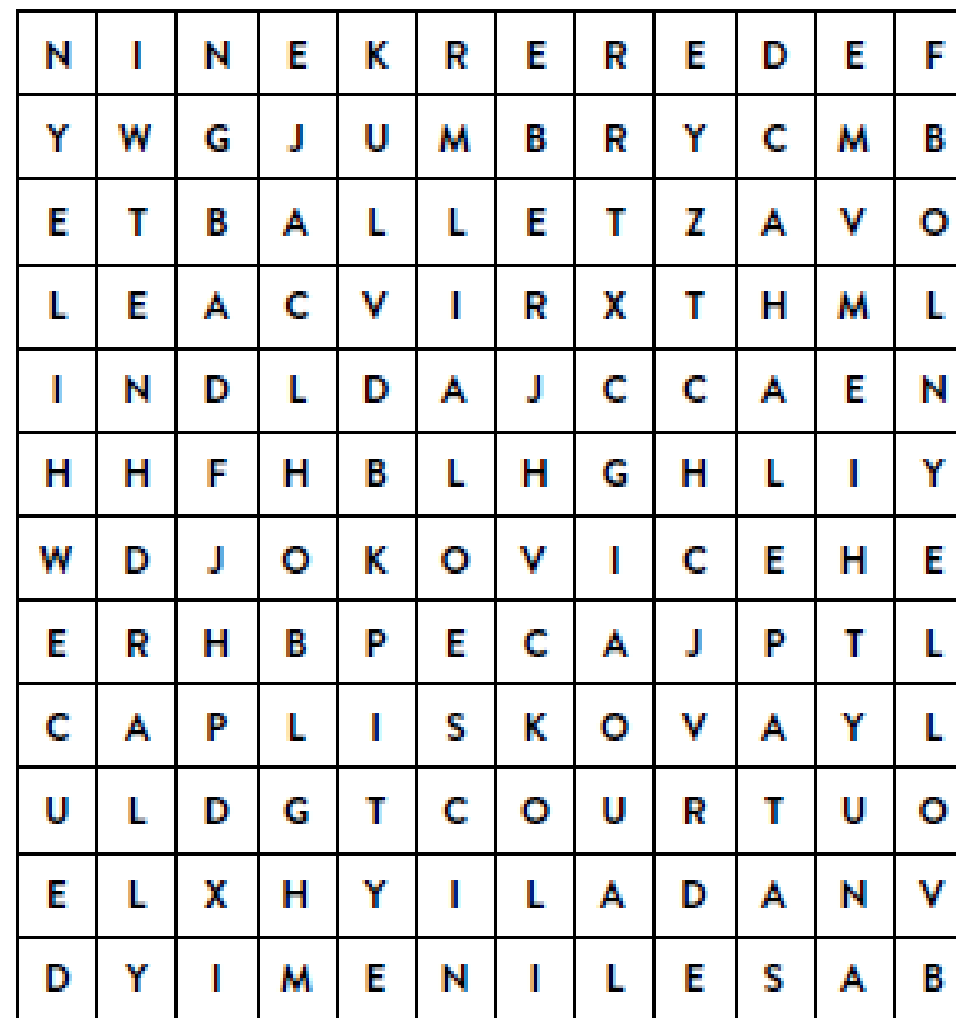
Score _____

Firstly try to find as many tennis words in the wordsearch as you can (numbers 1-10). Score 1 point for each one. Then try to find the ten famous tennis players' surnames (11-20). Score 2 points for each one of these you find.

1. ball
2. ace
3. volley
4. baseline
5. match
6. net
7. rally
8. court
9. deuce
10. lob
11. Gordon Reid
12. Novak Djokovic
13. Rafael Nadal
14. Dominic Thiem
15. Roger Federer
16. Jordanne Whaley
17. Ashleigh Barty
18. Simona Halep
19. Karolina Pliskova
20. Sofia Karin



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For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

FRIDAY FUN

Racket Balance

! Virtual competition

ACTIVITY

Place your chosen type of ball on your racket and extend the racket in front of you. Can you then perform these challenges?

1. Move the racket whilst balancing the ball around your body back to the original starting position.
2. Move the racket whilst balancing the ball in and out of your legs in a figure of 8 formation
3. Can you combine the two tasks above into one movement?

Competition time! Using challenge one only, how many successful rotations around your body can you complete in 60 seconds? Can you better your score each time? Challenge a household member or friends to have a go.

EQUIPMENT NEEDED

Racket: Any racket, but if you don't have one, try using a frying pan

Ball: Tennis ball, shuttlecock or makeshift ball, such as scrunched up foil or a pair of socks



15mins



How can you demonstrate determination throughout this challenge?

Don't worry if you can't do it straight away – persevere and practice!

MAKE IT EASIER...

A shuttlecock may stick to the racket face easier than a ball

MORE OF A CHALLENGE

Using a tennis ball, can you bounce the ball slightly on the racket whilst doing the challenge?

MAKE IT INCLUSIVE

Use a flatter object, such as a shuttlecock. Move the racket from one side of your body to the other.

LEAD OTHERS

Can you get others to create a balance routine challenge for you?

! TOP TIPS

Keep your eye on the ball as it will tell you if you are keeping the racket level or not.

Why not try this now? Here's Rafael Nadal trying an audacious challenge!:

➤ <https://www.youtube.com/watch?v=qgvdDZ7o9Ng>

FRIDAY FUN

Radio Commentary

! Virtual competition

ACTIVITY

- Record yourself, or write a script providing radio commentary on the build up and moment Andy Murray won Wimbledon in 2013. Here's the clip to guide you: <https://www.youtube.com/watch?v=2PYyEDI1bJk>
- Listen to the TV commentary and read the BBC article to help you include more information. <https://www.bbc.co.uk/sport/tennis/23217393>
- Once complete, send your video (max 15mb) or script to www.activenotts.org.uk/forms/view/sgvc before 9:00am on Friday 17th July 2020 Earn points for your school and download your certificate.

EQUIPMENT NEEDED

- Smartphone or tablet to record your commentary
- Papers, pen.



15mins



How can you demonstrate passion throughout this challenge?

Can you use your voice to help?

MAKE IT EASIER...

Commentate on the final point of the match

MORE OF A CHALLENGE

Include three facts about what history was made by Andy Murray's achievement

MAKE IT INCLUSIVE

Describe what is happening to someone who cannot see the pictures so they can commentate too.

LEAD OTHERS

Encourage others to have a go

! TOP TIPS

Remember there are no pictures on the radio so you need to describe everything very clearly.

Why not try this now? Try some of the LTAs cross curricular activities.

➤ <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>