




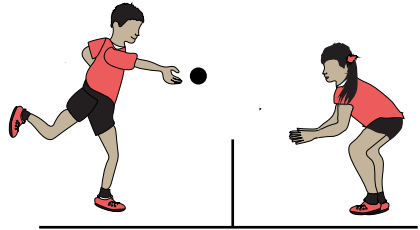
# Throw Tennis PE Home Learning




Can you play fairly and keep the score?

## 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 opponents 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.



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



**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.

## 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?