



Tennis @ Home

LEVEL TWO

Name: _____



Tennis is very good for your body! What parts of your body do you use during tennis? Choose your player, then colour in the parts of your body you use the most in **green**, the parts you use a bit in **orange** and the parts you used the least in **red**!



A balanced diet is very important to make you grow strong and healthy.

CREATIVE CORNER
In each video there is a chance for you to get creative – record some of your cool ideas here!

Can you find the 5 things below that are good for your body?

F	B	T	W	A	T	E	R	C
R	C	O	L	A	H	W	M	E
U	R	P	I	T	S	G	I	R
I	S	W	E	E	T	S	L	A
T	C	E	R	E	A	L	K	A
E	L	B	A	T	E	G	E	V

- I can make up my own skill
- I can bounce the ball on my strings
- I can do a rally with a partner
- I can hit a ball after one bounce
- I can hit a ball from above my head
- I can serve and rally with my friend
- I can hit the ball before it bounces
- I can catch a ball after a bounce
- I can hit underarm and overarm
- I can serve, rally and score
- I can use tennis scoring systems

My Personal Bests

My longest rally with a partner is

I can bounce the ball on my strings!

My PB is bounces in a row!



TENNIS IS A SPORT FOR LIFE
Get Active, Get Healthy, Get Involved!
www.tennisireland.ie/schools

