



# Tennis @ Home

## LEVEL ONE

Name: \_\_\_\_\_

Tennis is very good for you and uses lots of parts of the body. Can you match the word with the body part? Draw a line from the word to the body part!

ARM

LEG

FOOT

HEAD

HAND



A balanced diet is very important to make you grow strong and healthy. Draw 5 healthy things in your lunchbox that will make you fit, healthy, and ready for sport & play!



### CREATIVE CORNER

What do you like best about tennis?  
Why not make a list here or draw it!

- I can roll a ball to my partner
- I can use my racket to push the ball to my partner
- I can use my racket to stop the ball rolling
- I can balance a ball on my racket
- I can throw a ball at a target
- I can strike a ball with my racket
- I can hit a ball to a target along the ground
- I can hit a ball at a target through the air
- I can throw a ball overarm
- I can do a sling shot serve
- I can bounce a ball / balloon on my strings
- I can hit the ball before it bounces (volley)
- I can do a rally

### 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!