



# 1st & 2nd Class Achievement Card

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



Tennis is very good for your body! What parts of your body do you use during PE? 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. Did you know that water is the best drink before, during and after PE?

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

Tennis is good for your body and how you feel too! How did you feel after your PE lesson?



Week 1



Week 3



Week 5



Week 2



Week 4



Week 6



- 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 do a smash
- I can serve, rally and score
- I can play doubles with my friends
- I can umpire!

## 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!



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Get Active, Get Healthy, Get Involved!  
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