



3rd & 4th Class Achievement Card

Name: _____

Tennis is great for your body! Match the body part with its job during sport

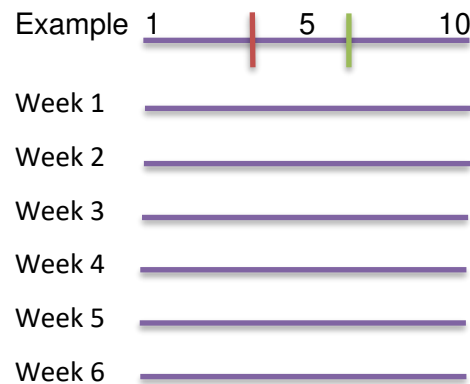
- HEART** ● Pump oxygen around the body for breathing
- LUNGS** ● Controls all the body organs
- MUSCLES** ● Provides support, enable movement, & protects organs
- SKELETON** ● Pump blood to muscles so they can work
- BRAIN** ● Help you lift bones to move

A balanced diet is essential for a healthy life. Can you match the food group with how many portions a day you should be eating?

- Not every day _____
- Very small amounts _____
- 2 servings _____
- 3 servings _____
- 3-5 servings _____
- 5-7 servings _____

- ~ **Wholemeal cereals and breads, potatoes, pasta and rice** ~
- ~ **Vegetables, salad and fruit** ~
- ~ **Fats, spreads and oils** ~
- ~ **Foods & drinks high in fat, sugar and salt** ~
- ~ **Meat, poultry, fish, eggs, beans and nuts** ~
- ~ **Milk, yoghurt and cheese** ~

Tennis is good for your body and how you feel too! Winning is not everything – finding your weaknesses and improving them is much more important – grade yourself each week on how you improved by marking your starting level in red and with your finishing level in green on the scale.



- I can pass throw and catch with a partner while moving
- I can bounce the ball on the strings
- I can do a rally with my partner
- I can hit the ball on my weak side (backhand)
- I can work with my partner
- I can bounce the ball on the strings while moving
- I can play attacking tennis
- I can dodge balls while moving
- I can serve overarm
- I can do a rally starting with a serve
- I can make my opponent move
- I can use tennis scoring
- I can play a singles match
- I can play a doubles match

My Personal Bests

- My longest rally with a partner is
- My longest rally with a partner starting with a serve is
- I can bounce the ball on my strings! My PB is
- I can bounce the ball on my strings while moving! My PB is



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