

DERBYSHIRE SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Derbyshire are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, orienteering, athletics, cricket, gymnastics, boccia, netball and racket sports. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Derbyshire [website](#), or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Derbyshire website, in our newsletter, on the Active Derbyshire Facebook, @Active Derbys Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to derbyshireschoolgames@activederbyshire.org.uk

For additional challenges and ideas on how to keep physically active visit the Active Derbyshire [website](#) or your School Games Organiser page.

Active Derbyshire and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

INTRODUCTION TO

Racket Sports

Amazing facts - Racket sports records

1. At Wimbledon in 2010, John Isner and Nicolas Mahut played the longest ever tennis match in history. It went on for three days and took place over 11 hours and five minutes with Isner coming out victorious 70-68 in the final set.
2. The longest ever rally in a game of squash took a staggering one hour, four minutes and 28 seconds to complete. The world record was achieved on Saturday 10th December 2016 at Edinburgh Sports Club, by Simon Boughton and Mark James. They completed 2536 shots in a single rally.
3. The fastest smash achieved in badminton belongs to Denmark's Mads Pieler Kolding, who unleashed a shot timed at 264.7 mph (426 kph)

EXPLAIN THESE TERMS

Clear (Badminton) -

Tie-Break (Tennis) -

Boast Shot (Squash) -



30mins

Name the Player



Name the Player



Name the Player



DO YOUR RESEARCH – FIND OUT WHO ALTHEA GIBSON WAS AND WHY SHE IS AN IMPORTANT FIGURE IN TENNIS HISTORY



List five differences between tennis and badminton



- 1.
- 2.
- 3.
- 4.
- 5.

TEST YOUR KNOWLEDGE

How well do you know the Wimbledon championships? Give this BBC Quiz a go: <https://www.bbc.co.uk/sport/tennis/48458340>

SPORT THEME

RACKET SPORTS

Secondary

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

#stayhomestayactive #stayinworkout

MONDAY MOVERS

! Physical literacy/skills

Activity overview

- YOUvsWALL
- Not in my back yard

Equipment needed

Racket: Tennis racket, frying pan, book or hand

Ball: Any from tennis balls, shuttlecocks, small soft balls, balls of socks, tin foil or newspaper balls

School Games value focus

Determination

TUESDAY CHALLENGE

! Personal challenge

Activity overview

- Target Serve
- Keepie Uppies

Equipment needed

Racket: Tennis racket, frying pan, book or hand.

Ball: Tennis ball, soft ball of any size, scrunched up tin foil, balloon or rolled-up socks

Targets: Watering can, bucket, t-shirt, wheelie bin, wastepaper bin etc.

School Games value focus

Self Belief

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

- Court Movers
- A-Z Tennis Fitness Workout

Equipment needed

Space

Cones, or something to mark two points e.g. pans, tins, mugs, paint pots etc.

School Games value focus

Honesty and Teamwork

THURSDAY THINKING

! Problem solving

Activity overview

- Noughts and Crosses
- LTA activity sheet

Equipment needed

Racket: Tennis racket, frying pan, book or hand

Ball: Rolled-up socks or scrunched up tin foil

Other: Nine targets e.g. books, DVD cases, t-shirts, hoops etc.

School Games values focus

Determination



FRIDAY FUN

! Virtual competition

Activity overview

- Trick Shot Challenge
- Radio Commentator

Equipment needed

Racket: Tennis racket, frying pan, book, hand
Ball: Tennis ball, rolled-up socks or scrunched up tin foil.

Voice recording device e.g.: smartphone or tablet

Once complete, submit your entry at www.activederbyshire.org.uk/forms/view/sgvc before 9:00am on Friday 17th July 2020

Earn points for your school and download your certificate.

School Games values focus

Passion

RESOURCE PRODUCED
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MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

You will need a partner to work with for this game:

- Find an outdoor area and mark out a halfway line (wall) to create two equal halves, or two 'back yards'
- Split the socks/soft balls/shuttlecocks equally between the two halves. The more items the better!
- Using your racket, you will then have 60 seconds to pick up an item in your half and gently play it to your opponent's half. **If you hit your opponent with your shot, you automatically lose that round!**
- After the 60 seconds, the person with the least amount of items in their half is the winner.

EQUIPMENT NEEDED

Racket: Any racket, but if you don't have one, try using a frying pan

Balls: Any from tennis balls, shuttlecocks, small soft balls, balls of socks, tin foil or newspaper balls



15mins



How can you demonstrate determination throughout this challenge?

Be determined to beat your opponent but also use the game to improve your racket skills

! TOP TIPS

Use an underarm serve/shot to place the item tactically in your opponent's half

Not in my back yard!

MAKE IT EASIER...

Play for 30 seconds instead

MORE OF A CHALLENGE

You can't pick the items up with your hands – scoop up the items with your racket

MAKE IT INCLUSIVE

Use your hands or feet to move the items

LEAD OTHERS

Get someone to act as a referee and see if an item hits an opponent

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Practice the following tennis shots against a wall (making sure you're not close to any windows)
- Forehand and backhand groundstrokes – one bounce and hit. Forehand and backhand volleys no bounces
- How long can you keep a rally going?
- Can you alternate between forehand and backhand?
- Can you hit a groundstroke and then move in for a volley off the wall?

EQUIPMENT NEEDED

Racket: Tennis racket, frying pan, book or hand

Ball: Tennis ball or any other ball that will bounce off a wall



15mins



How can you demonstrate determination throughout this challenge?

YOUvsWall requires determination as it is a game of mental concentration and physical skill

! TOP TIPS

Stay on your toes with a slight flex in your knees to be ready for when the ball rebounds off the wall in any direction

YOU VS THE WALL

MAKE IT EASIER...

Move closer to the wall. Use mini tennis equipment and low compression balls. Hit the ball softer.

MORE OF A CHALLENGE

Can you keep the following sequence going. Forehand, backhand, volley, volley repeat

MAKE IT INCLUSIVE

Try from a seated position. Have two bounces for each shot.

LEAD OTHERS

Teach a partner how to hit the different shots and give them feedback

Why not try this now? Badminton England #BEatHome challenges. Give these a go:

<https://www.badmintonengland.co.uk/beathome/for-players/>

Why not try this now? How to Train on a Tennis Wall:

<https://www.youtube.com/watch?v=GU7mq8uZgJo&t=303s>

TUESDAY CHALLENGE

Keepie Uppies

! Personal Challenge

ACTIVITY

Dependent on the racket and ball/object you have, can you complete the following:

1. How many 'keepie uppies' can you do in 60 seconds?
2. Can you do the same challenge whilst flipping the racket over on each hit?
3. If you have a tennis racket, can you use the rim/edge of the racket to complete the challenge?

EQUIPMENT NEEDED

Racket: Any racket, but if you don't have one, try using a frying pan

Ball: Tennis ball, shuttlecock or makeshift ball, such as scrunched up foil or pair of socks



15mins



Why is self belief important for this challenge?

If you try a harder challenge, don't give up on the first attempt if you don't quite get it; persevere and keep going!

MAKE IT EASIER...

Use both hands on the racket and keep the ball close to the racket

MORE OF A CHALLENGE

Try using your other hand or hit the ball higher into the air

MAKE IT INCLUSIVE

Try from a seated position
Allow the ball to bounce between shots

LEAD OTHERS

Can you help count and time other people's attempts?

! TOP TIPS

Keep your eye on the ball all the time and don't hit the ball too high into the air

Why not try this now? Tennis Challenges | At Home Tennis Drills

<https://www.youtube.com/watch?v=yS6DZMxEtPI>

TUESDAY CHALLENGE

Target Serve

! Personal Challenge

ACTIVITY

- Set out six different targets or objects around your garden or other outdoor space in a rectangle of 6m x 4m (approximate size of the service box on a tennis court) [Watch an example](#)
- Stand 10m away from the rectangle and using a tennis service action serve at the objects. [Watch an example](#)
- Count how many objects you hit directly with ten attempts
- How many serves does it take to hit all six?
- Try to achieve your personal best

EQUIPMENT NEEDED

Racket: Tennis racket, frying pan or hardback book.

Ball: Tennis ball or any other small ball

Targets: Any unbreakable objects e.g. watering can, buckets, wastepaper bin, plastic plant pots etc.



15mins



Why is self belief important for this challenge?

Accuracy when serving requires a lot of practice and the self-belief that you can improve.

MAKE IT EASIER...

Stand closer to the targets and use an underarm serve. Use bigger targets

MORE OF A CHALLENGE

Put out smaller objects as targets. Make a net, using household objects
Try putting targets on an actual tennis court

MAKE IT INCLUSIVE

Hit underarm volleys from a seated position.

LEAD OTHERS

Teach a household member the service action and count their successful hits

! TOP TIPS

Watch the steps in hitting a perfect serve

<http://news.bbc.co.uk/sport1/hi/tennis/skills/4229090.stm>

Why not try this now? Tennis Challenges | At Home Tennis Drills

<https://www.youtube.com/watch?v=yS6DZMxEtPI>

WEDNESDAY WORKOUT

! Links to numeracy/literacy

ACTIVITY

- Create a 1.5m x 1.5m square using four different coloured cones
- The default starting position will be in the middle of the four cones
- Using the different colours as commands, get someone to shout out a colour and you will have to touch the correct cone as quick as you can, then move back to the default position

EQUIPMENT NEEDED

- Cones: four different coloured cones or objects, such as water bottles
- Racket: (optional) any racket of your choice



15mins



How can you demonstrate teamwork throughout this challenge?

Other than shouting commands, how else can you work together as a pair?

MAKE IT EASIER...

Slow the commands down to a comfortable pace

MORE OF A CHALLENGE

Instead of standing in the default position, try lying down on your front or your back

MAKE IT INCLUSIVE

Change the size of the square, and/or use a racket to touch the cone

LEAD OTHERS

Swap roles with the person shouting the commands



TOP TIPS

Always be on your toes in the default position and ready to move to whatever position, just like tennis or badminton!

Why not try this now? Watch the challenge and compare yourself.

<https://www.youtube.com/watch?v=xcGtXMsa3f0>

Court Movers

WEDNESDAY WORKOUT

! Links to numeracy/literacy

ACTIVITY

- A to Z Tennis Workout
- Using the exercise sheets (see next page) complete the exercises to spell the following FIVE tennis terms:

- TOPSPIN
- FOREHAND
- DOUBLES

UMPIRE
SERVICE BOX

EQUIPMENT NEEDED

- Line – on the floor, socks, tape etc; rolled up socks to make a ball; Space, bench or chair, step; Motivation music



15mins



How can you demonstrate honesty throughout this challenge?

Be honest and perform the correct number or time for each exercise

MAKE IT EASIER...

Complete three of the five words

MORE OF A CHALLENGE

Complete all 5 words then complete the exercises to spell DJOKOVIC and ZEREV

MAKE IT INCLUSIVE

Make your own exercise routine from the A to Z

LEAD OTHERS

Demonstrate each exercise to a household member so they can complete the exercises with you



TOP TIPS

Always be on your toes in the default position and ready to move to whatever position, just like tennis or badminton!

Why not try this now? **TENNIS FITNESS CHALLENGE** | Try This Tennis

Workout at Home! https://www.youtube.com/watch?v=vD_YDv2ymno

A-Z Workout

A to Z Tennis Fitness

A	B	C	D	E	F	G	H	I
Squat and Jump x 15	Plank Hold 30 seconds	Sprint on the Spot 30 seconds	Sit Ups with bent knees x 20	Reverse dips using a bench or chair x 15	Burpees x 10	Press ups x 15	Jump forward and back over a line x 20	Sidestep 3 times then hit with forehand action. Sidestep 3 times hit with backhand action x 10
J	K	L	M	N	O	P	Q	R
Tap Ups using your right hand and a rolled up sock x 20	Squat Thrusts x 15	Hit Tennis Service action x 15	High Knees x 20	Lunge forward and perform backhand volley action x 15	Step Ups x 20	Twisting Sit ups x15	Leg Raises x 15	Lunge forward and perform forehand volley action x 15
S	T	U	V	W	X	Y	Z	
Wall sit with straight back 30 seconds	Jump side to side over a line x 20	Jump and twist x 20	Tuck Jumps x 15	Star Jumps x 20	Sitting: Tuck knees to chest then straighten legs x 20	Tap Ups using your left hand and a rolled up socks x 20	Mountain Climbers x 20	

Thursday Thinking

Noughts and Crosses

! Problem solving

ACTIVITY

- Mark out a noughts and crosses grid (nine boxes) – check out the video [here](#)
- You will need two sets of three balls, or rolled-up socks
- Place two markers, two metres away from the grid and two metres away from each other. Put three balls, the same colour, behind each marker.
- Hit the ball with your hand towards the grid.
- Run out and place the ball in the middle of the first square it hits. If you miss the grid run out and bring the ball back.
- Two players – alternate attempts. Each player must wait until their opponent is back behind their marker before hitting. The first player to get three balls in a row wins. If no one has won when all the balls are on the grid, run and collect one of your balls and hit it again. Remove a ball that gives a chance of getting three in a row.
- For one player – alternate between the two different coloured balls aiming to get three of each in a line. How quickly can you do it?

EQUIPMENT NEEDED

Racket: Hand

Ball: 6 x rolled-up pairs of socks (3 dark, 3 light)

3 x 3 Grid: Tape, rope etc or 9 targets eg hoops, magazines

Markers: (cones, tins, mugs, etc)



How can you show determination throughout this challenge?

Even if you are struggling to get three balls in a line keep going until you do



15mins



MAKE IT EASIER...

Throw the ball underarm rather than hitting it.
Move to within one metre of the grid
Make the grid spaces bigger

MORE OF A CHALLENGE

Move three metres away from the grid
Play using your other hand
Make the target areas smaller.

MAKE IT INCLUSIVE

From the seated position, roll, hit, or throw.
Have a partner or member of your household to do the running for you.

LEAD OTHERS

Explain the game to a member of your household and demonstrate how to hit the ball with your hand. Challenge them to a game.

! TOP TIPS

Remember to follow through with your racket to your target. Do you need to hit your next shot harder or softer to hit your target?

Why not try this now? LTA Tennis at Home Exercises. Give some of these a go:

➤ <https://www.lta.org.uk/play-compete/lta-youth/tennis-at-home/>

ACTIVITY 1 – ACE BRITISH PLAYERS!

See if you can find out the names of these British tennis players below. Write their names in the box.













ACTIVITY 2 – FLYING THEIR FLAG!

See if you can match the tennis player to their national flag. Draw a line to the correct flag.



ACTIVITY 3 – SPECTACULAR STADIUMS!

See if you can match the stadium to the right name. Draw a line to the correct stadium.

1



Centre Court – Wimbledon
Philippe Chatrier – French Open

2



Monte Carlo Masters
Arthur Ashe – US Open

3



The O2 – ATP Finals
Rod Laver – Australian Open

4



5



6



ACTIVITY 4 – TENNIS FACTS!

See if you can find out the answers to the following tennis facts.

How many balls are used during the Wimbledon fortnight?



Who is the youngest player ever to win a Grand Slam?



Who won the Davis Cup in 2015?



What's the longest match ever played?



What is the fastest ever recorded serve?



How many times is the ball allowed to bounce for wheelchair players?



ANSWERS

(From page nine)

ACTIVITY 1

Andy Murray
Kyle Edmund
Johanna Konta
Heather Watson
Jamie Murray
Alfie Hewett

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ACTIVITY 2

Andy Murray - GB
Rafael Nadal – Spain
Roger Federer – Switzerland
Serena Williams – USA
Simona Halep – Romania
Naomi Osaka – Japan

ACTIVITY 3

- 1 The O2 - ATP Finals
- 2 Centre Court – Wimbledon
- 3 Philippe Chatrier – Roland Garros
- 4 Rod Laver Arena – Australian Open
- 5 Monte Carlo Masters
- 6 Arthur Ashe – US Open



ACTIVITY 4

54,250
Great Britain
163.7 mph (Sam Groth)
Martina Hingis
11 hours and 5 minutes
(Nicolas Mahut vs John Isner,
Wimbledon 2010)
Twice