



## PE Lesson:

# GAMES: THROW TENNIS

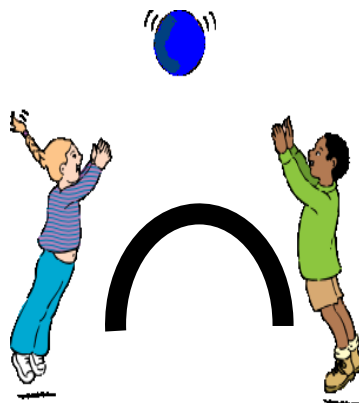
Mark out a tennis court

Use a rope as a net or socks as the court markings

- Playing against an opponent can you underarm throw a ball into a space on your opponents side of the court
- If the ball bounces twice you score a point, but if you throw it out of the court your opponent wins a point
- Make sure that you start the game by serving from the back of the court

Can you identify spaces on your opponents side of the court?

The first player to score 10 points is the winner



Can you play fairly and keep the score?

## Top Tips!

### Be Ready to Receive!

Are you on the balls of your feet ready to receive the ball? Make sure you have your hands ready to catch!

## Lets Reflect

Where are we aiming the ball at on your opponent's side of the court?

Can you explain why you were throwing the ball there?



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Let us know how you get on and share any photos or videos with us via Twitter @PEManorPrep, on the PE Google Classroom or by email!





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