

COMM(UNITY)

Learning Outcome:

To develop participants' knowledge of the meaning community

Key Words:

Unity & Teamwork

Equipment:



Bibs



Balls

Game:

Deliver a series of tennis teamwork games. Two examples are:

1. **Shoulder to shoulder:** Divide the group into small teams. Each team lines up and places a tennis ball between their shoulders. The teams then race and if they drop any balls they start again.
2. **Catch the bib:** In 2 teams, make a circle and one person from each team tucks a bib into the back of their t-shirt. Rotate the circle to catch the other teams bib while protecting their own.

Key Questions & Discussions:

Ask teams to discuss the strategies they used during the games and what made them successful or unsuccessful.

Link this to formal questions about:

- Why is unity important in a community?
- What is your relationship like with neighbours?
- What kind of events and celebrations take place in your community?

TOP TIP:

Ask the group to create a team celebration action to develop more unity!

INTERNATIONAL ELEVATOR

Learning Outcome:

To improve participants' understanding of the value of diversity

Key Words:

Diversity & Belonging

Equipment:



Rackets



Balls



Tennis
Nets



Game:

Set up as many mini tennis courts as the space allows and ask the group to get into pairs. Ask each pair to select a country to represent and each pair must have a different country. Each pair then plays in a doubles tournament, the first to 10 points wins. The winners move up to the next court and the losers stay where they are.

Key Questions & Discussions:

Ask the group to ensure they shake hands with one another to show they value each other.

Link this to formal questions about:

- Why did you select those countries?
- What is similar and different about those countries?
- Why is diversity positive in a community?

TOP TIP:

Ask each pair to take part in a 'line up' video. Like professional sports people they walk towards the camera, say their name, country and something unique about the country.

EXCHANGE

Learning Outcome:

To develop participants' ability to connect with others

Key Words:

Communication & Listening

Equipment:



Rackets



Balls



Tennis Nets



Game:

Divide the participants into small teams of at least 3. Each team plays doubles against another. After a point is scored, the team members waiting on the sidelines rotate into the game to replace the one who served. This rotation continues until each person has had the opportunity to play with and against everyone in their group. Progress the game by rotating team members in with other rules.

Key Questions & Discussions:

Ask the group informal questions:

- How did you find rotating team members during a match?
- How did you communicate any strategies with each other?
- Why is connecting and interacting with others in our community important?

Link this to a discussion about connecting with others, how listening to opinions can make us better communicators and build stronger communities.

TOP TIP:

Add time limits to matches to vary the pace of the doubles games to test participants connectivity.

BIAS BINGO

Learning Outcome:

To challenge participants' perception of people in the community

Key Words:

Stereotypes & Open-minded

Equipment:



Bias Bingo
Card

Game:

Divide the group into small groups and provide each group with the Bias Bingo kit that contains 12 pictures of tennis players and unrecognisable people and 12 statements. The group that believes they have matched the 12 statements with the right pictures correctly shouts 'Bingo' and everyone must stop. The group with the most correct wins.

Key Questions & Discussions:

Ask the group to share and discuss who was on the grid and what each person does.

Link this to formal questions about:

- How did they feel when they learned what statements belonged to which picture?
- How can our perceptions affect the way we interact?
- Have you ever had perceptions about people in your community and why?

TOP TIP:

Ask the group to create their own Bias Bingo kit about their community!

TENNIS TOLERANCE

Learning Outcome:

To improve participants' understanding of tolerance

Key Words:

Acceptance & Tolerance

Equipment:



Balls



Rackets



Tennis
Nets



Distraction
Equipment



Game:

Set up as many mini tennis courts as the space allows and ask the group to get into pairs. Each pair then plays a knock out tournament (first to 10 points). During each game one person from the group is allowed to use the distraction equipment to interfere with one point played.

Key Questions & Discussions:

Ask the group to discuss how the distraction made them feel.

Link this to formal questions about:

- How did they feel about the distractor's behaviour?
- How did they feel about their own reactions?
- How can we build our ability to be tolerant of one another's differences?

TOP TIP:

Be creative with your distraction equipment to really test the group!

ADVANTAGE

Learning Outcome:

To develop participants understanding of the barriers that different people in the community face

Key Words:

Understanding & Equality

Equipment:



Ball
(different
colours)



Buckets



Rackets



Hoops



Cones



Game:

Place 2-4 buckets and hoops on one end of a tennis court and divide the group into small teams and ask them to stand on the different assigned cones on the other side of the court. Some are closer to the bucket and hoops and some further away. Each group must hit the tennis balls into the buckets or roll the tennis balls into the hoops and accumulate points. The group with the most points at the end of the assigned time wins.

Key Questions & Discussions:

Ask the group to discuss how they felt about where they were placed and their views of the game?

Link this to formal questions about:

- What barriers can some people in the community face?
- What advantages can some people in our communities have?
- How can we create a more equal environment for all?

TOP TIP:

At the end of the session challenge the group to score as much as they can as a team from one area to encourage the understanding of the session.

STRONG COMMUNITIES

Learning Outcome:

To empower participants to have a greater sense of pride in their community

Key Words:

Change & Pride

Equipment:



Stopwatch



Variety of Tennis
Equipment



Game:

Divide the group into small teams. Challenge each team to build the highest tower using the tennis equipment provided. After a suitable amount of time, opposite groups throw tennis balls at another team's tower to break it down. Repeat this game, but now challenge each team to build a strong tower that can withstand being hit by a tennis ball.

Key Questions & Discussions:

Ask the group to share their feelings and thoughts about the game and what they think the purpose was.

Link this discussion to formal questions:

- Name things that make a community strong.
- What would they like to change about their community?
- How could they help make these changes?

TOP TIP:

Use this session to get the group thinking about a local LTA SERVES Festival or delivering a Team Challenge Event

COMMUNITY RALLY

Learning Outcome:

To improve participants' ability to discuss social issues in their communities

Key Words:

Politics & Inclusion

Equipment:



Rackets



Balls



Tennis Nets



Game:

Set up as many mini tennis courts as the space allows and ask the group to stand opposite an opponent. The Leader poses a statement about community cohesion, one side of the court must argue in favour of the statement and the other side against while playing a rally. They can only hit the ball if they have something to say. Whoever wins the rally, wins the debate.

Key Questions & Discussions:

Ask the group to discuss how they felt about debating while trying to win a rally.

Link this to formal questions about:

- Did you feel strongly about any particular social issues and why?
- Do you know your local MP and the political party they represent?
- Why is it important to debate issues in a fair way?

TOP TIP:

At the end ask group to select a representative to enter the 'debate off' and have a final rally with the 'for' and 'against' teams providing encouragement.

ROUTE TO HAPPINESS

Learning Outcome:

To develop participants' appreciation for the positive aspects of their communities

Key Words:

Cohesion & Giving back

Equipment:



Variety of Tennis
Equipment



Game:

Before the group arrive locate signs with words that reflect a cohesive community all over the venue. Create a tennis obstacle course. Divide the group into small teams. In silence each member of the team must complete the obstacle course while taking note of the signs. They then return to the group and tell them what they think the signs are referring to. The first group to complete the obstacle course wins and decide on the main theme of the signs wins.

Key Questions & Discussions:

Ask the group to discuss all the signs as a collective and their understanding about what they mean.

Link this to formal questions about:

- What they think makes a happy community?
- What brings communities together and what divides them?
- What makes your community unique?

TOP TIP:

Include random unrelated signs in the obstacle course to really challenge participants thinking!

TASK TENNIS

Learning Outcome:

To improve participants' ability to collaborate

Key Words:

Collaboration & Teamwork

Equipment:



Rackets



Balls



Tennis Nets



Game:

Set up doubles matches for the group. Each pair receives a list of challenges to complete before the end of the match. Both must execute a backhand or you must say your name before each shot or play a shot then spin around. Be as creative as you can. The first pair to complete their tasks wins.

Key Questions & Discussions:

Ask the group informal questions:

- How did you find the tasks?
- What other tasks can you include?

Link this to a discussion about collaboration and why is it important to work together. Discuss examples of collaborations.

TOP TIP:

Invite the group to complete a group task list that they must complete in a set time to emphasise collaboration.

SYNCHRONISED SERVING

Learning Outcome:

To encourage partnerships among participants

Key Words:

Verbal and non-verbal communication

Equipment:



Rackets



Balls



Tennis Nets



Cones

Game:

Pair up participants and ask them to serve at the same time, trying to hit specific targets on the court. Encourage coordinated technique using verbal and non-verbal cues.

Key Questions & Discussions:

Ask the group informal questions:

- What communication techniques did you use?
- When else do you need to work in partnerships in tennis?

Link this to a discussion about working in partnership and why they are important in the community.

TOP TIP:

Before participants start synchronised serving ask the pairs to do a mirror warm up drill where one person leads and the other mirrors their movements to encourage them to work together.