

ON THE BALL

Learning Outcome:

To increase participants' speed and quickness (SAQ)

Key Words:

SAQ

Equipment:



Cone



Balls

Game:

Ask participants to place a tennis ball on the floor. When the Leader says 'go', participants touch the top of the tennis ball with each foot alternately until they hear the Leader say 'stop!' Repeat with variations; add burpees after 10 touches or participants compete in pairs to encourage SAQ.

Key Questions & Discussions:

Ask the group informal questions:

- Can you name any sports people that show good SAQ?
- Why is it important to be agile in a game of tennis?
- How can we increase our speed and quickness?

Link these informal questions to a discussion about how SAQ helps the body become more balanced and flexible which reduces chances of injury.

TOP TIP:

Create a tennis penalty zone. Once 20 touches have been completed, participants can pick up a racket and hit the ball into the tennis penalty zone. Work in pairs, best out of 5 wins.

LUNG BUSTER

Learning Outcome:

To improve participants' resilience when faced with fitness challenges

Key Words:

Motivation & Resilience

Equipment:



Rackets



Cones



Balls



Game:

Divide the group into teams, one participant on each team completes 5 shuttle runs then another participant on the team plays a point. The winner collects 5 points for their team. Repeat with variations; add explosive movements such as jumping jacks, burpees and squat thrusts to test the groups motivation and resilience.

Key Questions & Discussions:

Ask the group informal questions:

- Who won the most points?
- Which movements were the most challenging?
- How did you motivate each other?

Link these informal questions to a discussion about how your heart rate increases to pump more oxygen around the body which helps your muscles work harder. The fitter you are, the quicker your heart rate will return to normal, and you are ready to go again!

TOP TIP:

Add in the rule that if a participant wins the point with a selected shot, i.e. backhand, they win double points.

BODY POP

Learning Outcome:

To develop participants' understanding of muscle groups and functions

Key Words:

Muscles & Movement

Equipment:



Cones



Balls

Game:

In pairs, place the ball on top of the cone and stand opposite one another. The Leader will call out body parts and actions which the pairs copy or identify. When the Leader shouts 'BALL' participants try to grab the ball and the first to do so wins. Repeat the game but this time call out different muscles.

Key Questions & Discussions:

Ask the group informal questions:

- Which part of the body did we use the most in this game?
- How many muscles did we identify?
- How do our bodies react so quickly?

Link these informal questions to a demonstration on how muscles work. Ask participants to hold hands in a circle and explain that they all represent a fibre. Number the group 1 and 2 and ask number 1's to pull. Explain muscles must work together to help us move. When one contracts, the opposite relaxes, e.g. when the biceps contract, the triceps relax to allow the elbow to bend.

TOP TIP:

Add penalties for those that lose in Body Pop, i.e. push ups or sit ups to encourage more identification of muscle groups and functions.

WALK THE PLANK

Learning Outcome:

To increase participants' knowledge of core strength

Key Words:

Balance & Stability

Equipment:



Rackets



Cones



Balls

Game:

Ask the group to get into pairs. One person must bounce the ball through the cones using a tennis racket. If they drop the ball, they must start again. The other person must hold a plank position until their partner comes back. Then switch over.

Key Questions & Discussions:

Ask the group informal questions:

- Who do you think would win in a plank competition (name two sporting celebrities)?
- Where does our strength come from?
- Why is balance and stability important?

Link these informal questions to a discussion about core strength. Explain that all your power is generated from the core (everything that isn't your arms and legs) to carry out any movement. Describe the core as a foundation to build stability and balance.

TOP TIP:

Introduce the 'plank off' and see who can hold a plank for the longest. This will also help the Leader assess levels of core strength in the group to then help them develop it.

BREAKPOINT

Learning Outcome:

To improve participants' ability to identify healthy food groups

Key Words:

Lifestyle & Nutrition

Equipment:



Cones



Nutrition
Cards

Game:

Create a tennis relay race where participants must work as a team. As each person completes the race, they collect a nutrition card to bring back to the team. Once complete the team must calculate the healthiest diet using the nutrition cards. The team that completes the relay race and has the most nutritious diet wins.

Key Questions & Discussions:

Ask the group informal questions:

- What are your favourite foods?
- How much water should we drink every day?
- In what ways does a healthy diet benefit us?

Link these informal questions to preprepared facts about being healthy appropriate to the age and demographic of the group.

TOP TIP:

Add in a game of 'guess the food' to the session. Place a variety of fruit and vegetables inside a bag and ask participants to feel inside and guess what they are. Invite discussions on how each item contributes to a healthy diet.

CIRCUIT TENNIS

Learning Outcome:

To improve participants' knowledge of the heart rate

Key Words:

Healthy & Fit

Equipment:



Rackets



Cones



Balls



Ladders

Game:

Create a fitness circuit in the space available. This could include a ladder, shuttle sprints, no bounce rallies and tennis push ups. Teach the group to check their resting heart rate before the activity, 1 minute after the activity and 3 minutes after the activity.

Key Questions & Discussions:

Ask the group informal questions:

- How did you feel after the circuit?
- What was your heart rate (heart beats per minute)?
- How would you rate your own fitness levels?

Link these informal questions to a discussion about the healthier and fitter we are, the quicker our heart rate will return to normal again.

TOP TIP:

Encourage the group to add their own tennis circuit activities as long as the rules continue to encourage raising the heart rate.

ELEVATOR

Learning Outcome:

To improve participants' understanding of the rewards of humility

Key Words:

Humility & Compassion

Equipment:



Rackets



Tennis Nets



Balls

Game:

Set up as many mini tennis courts as the space allows and ask the group to get into pairs for a doubles tournament. The first to 10 points wins. The winners move up to the next court while the losers stay where they are. Ensure the group shake hands with one another before and after each match.

Key Questions & Discussions:

Ask the group informal questions:

- How did it feel up and down the court?
- How can we show appreciation when we win or lose?
- What are the benefits of being humble?

Link these informal questions to a discussion about how compassion improves our ability to build healthy relationships with each other for overall well-being.

TOP TIP:

Reward the group for their efforts with an incentive or an LTA SERVES incentive.

CENTRE COURT

Learning Outcome:

To develop participants' understanding of poor mental health

Key Words:

Anxiety & Fear

Equipment:

None



Game:

Ask the group to form a circle and for one person to volunteer to step outside away from the group. Assign a number to person in the group and to shuffle around the circle. Invite the person outside the circle to rejoin the group and stand in the centre of the circle. They pick two numbers and the two people with those numbers must swap places with one another without being caught by the person in the centre. The person in the centre must try and jump in one of their places before they do. Other people around the circle may distract the person in the centre to prevent them from take a place around the circle.

Key Questions & Discussions:

Ask the group informal questions:

- Comment on who was distracting and how?
- Ask about how hard it was to swap?
- How did the person in the centre feel?

Link these informal questions to a discussion about different mental health conditions, signs that may suggest someone is not themselves and what to do when you identify this.

TOP TIP:

Play the game a few times, encourage different behaviours and distractions, this will help weave in messages of different mental health conditions.

TENNIS FREESTYLE

Learning Outcome:

To increase participants' ability to apply growth mind-set principles

Key Words:

Positive Mind-set & Growth

Equipment:



Rackets



Balls



Cones



Variety of Tennis
Equipment



Game:

Ask the group to develop their own tennis freestyle tricks which ideas taken from different sports to encourage as much creativity as possible. Give the group as little instruction as possible to test their ability to keep going.

Key Questions & Discussions:

Ask the group informal questions:

- How did you choose the tricks?
- How difficult was it to tennis freestyle?
- How long did you keep going?

Link these informal questions to a discussion about growth mind-set principles and using positive language like 'I will try' as opposed to 'I can't.'

TOP TIP:

Include a 'trick shot challenge' reinforcing positive mind-set.

TENNIS YOGA

Learning Outcome:

To improve participants' mental focus through yoga

Key Words:

Flexibility & Balance

Equipment:

None required



Game:

Take the group through a tennis yoga sequence that target different muscle groups used in tennis. Start with gentle marching movement and swinging arms freely. Move through different yoga poses: Mountain Pose, Forward Fold, Halfway Lift, Warrior I, Triangle Pose, Standing Forward Fold, Chair Pose, Downward Dog, Child's Pose (if soft surface).

Key Questions & Discussions:

Ask the group informal questions:

- Raise your hand if you have done yoga before?
- How does your body feel now?
- How does your mind feel now?

Link this to a discussion about the benefits of yoga to overall wellbeing. Share how it helps with flexibility, strength, balance, coordination, stress relief, recovery and body awareness. Encourage a simple daily yoga routine.

TOP TIP:

Incorporate breathing into the sequence. Are the group to inhale deeply, counting to four and exhale slowly counting to six.

MINDFUL SMASH

Learning Outcome:

To develop participants' ability to practice mindfulness

Key Words:

Being present & Concentration

Equipment:



Rackets



Balls



Tennis Nets



Cones

Game:

Loosely place cones in the holes of a tennis net and ask the group to line up in teams at an appropriate baseline. One by one team members hit a tennis ball into the net, aiming for the cones, with any tennis shot trying to smash them out of the net. The first team smash them out wins.

Key Questions & Discussions:

Ask the group informal questions:

- How did the game make you feel?
- Did you change your approach at any time?
- Did you change your approach at any time?

Link these informal questions to a discussion about mindfulness, how paying more attention to the present moment and your thoughts and feelings can improve your mental wellbeing.

TOP TIP:

Invite the group members to develop their own 'tennis grunt' to improve concentration.