



TENNIS IN SCHOOLS ACTIVITY CARDS

A comprehensive set of tennis activities designed for the classroom.

Welcome to the ***First Set Tennis in Schools Activity Card Resource*** for elementary schools! This resource is a comprehensive set of activities designed to foster a love for tennis while teaching skills, concepts, and strategies within the Teaching Games for Understanding model, Net and Wall games.

The primary user for this resource is teachers; however, we also invite educators, coaches, and program leaders in the school community to access and reference the materials. These activity cards will equip you with the tools to create engaging, inclusive, and dynamic tennis experiences throughout the school day. The resource aligns with best practices in education, focusing on skill development, active participation, and meaningful learning outcomes.



ACKNOWLEDGMENT



Tennis Canada is proud to develop and implement this project in collaboration with the Provincial and Territorial Associations.



ACTIVITY CARD THEMES

Each activity card is broken into three categories: *Minds-On*, *Action*, and *Consolidation*. Within each category, there are subcategories to support lesson planning.

Minds-On

In the Minds-On category, activity cards are designed to support participants warming up and activating the specific skills, concepts, and strategies they will use throughout the lesson. Subcategories include:

- **Warm-up Games**
Designed as warm-up games for students
- **Sending and Receiving**
Designed to introduce the concept of sending and receiving an object either with or without an obstacle or net.
- **Coordination**
Designed to develop participants coordination skills.

Action

In the Action category, activity cards are designed for participants to engage in practicing the skills, concepts, and strategies through games and activities. The emphasis is on active learning through practical applications. Subcategories include:

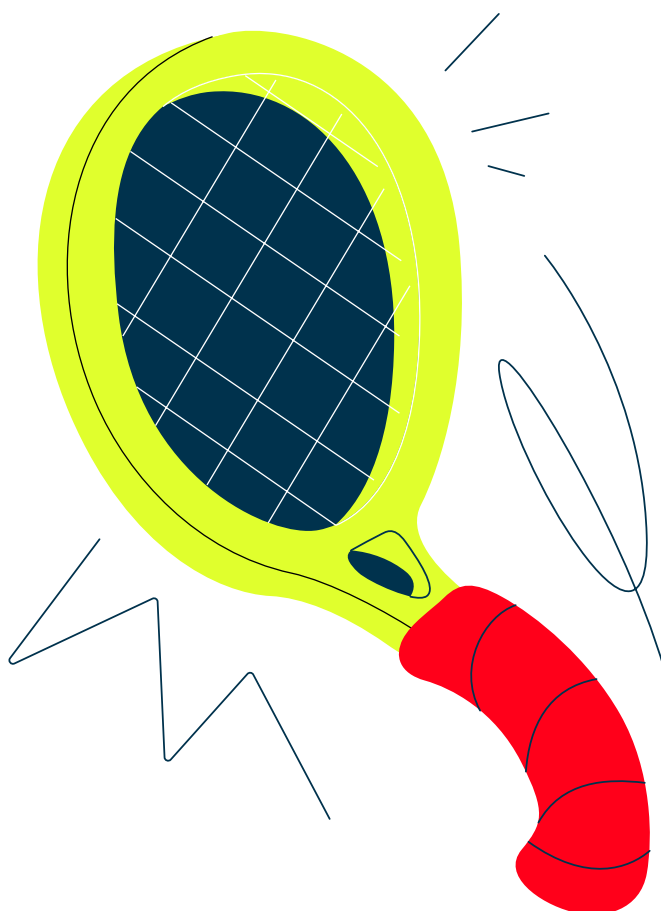
- **I Can Rally**
Designed to help participants sustain a rally using appropriate sending and receiving techniques.
- **I Can Start a Point**
Designed to support participants in learning how to serve or initiate a point effectively.
- **I Can Play Net**
Designed to introduce basic net play skills and movement patterns close to the net.

Consolidation

In the Consolidation category, activity cards provide participants with the opportunity to transfer and demonstrate the skills, concepts, and strategies they have learned into small-sided games and challenges. Subcategories include:

- **Point Play**
Designed to provide opportunities for participants to apply skills in game-based play.
- **Mini events**
 - o Designed to simulate match or tournament formats for fun, informal competition, and celebration of learning.

These activities could be completed individually or as part of a complete lesson plan. To see a set of pre-designed lesson plans for your classroom, [CLICK HERE](#) or search for the *First Set Tennis in Schools Resource* in the resource hub.

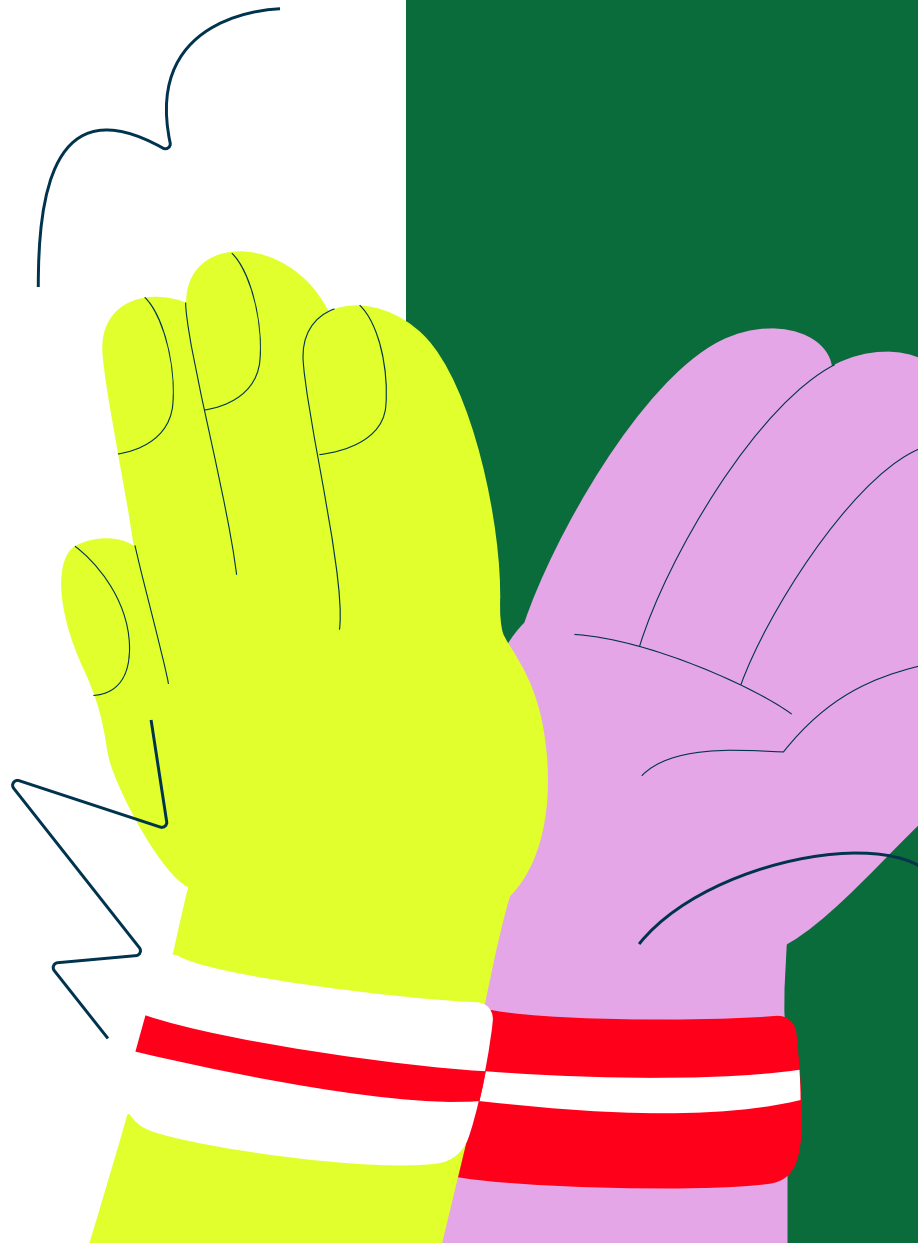


SENDING THE BALL

When facilitating the activity cards, participants will have the opportunity to send an object alone and/or with others while engaging in small-sided games. This can be done by sending an object in different ways, directions, and pathways. The objective is to foster the skills, concepts, and strategies involved in sending and receiving through a games approach, while providing multiple entry points for each participant.

FUNDAMENTAL 5

The *Fundamental 5* outlines five key elements — Grip, Setup, Impact Point, Hitting Zone, and Recovery — that form the technical foundation for learning tennis. This resource helps teachers guide participants with simple cues and visual aids to build effective and consistent habits. By focusing on essential skills, it supports progression while keeping instruction accessible and engaging.



HOW TO USE THE ACTIVITY CARDS

Each activity card includes the following sections:

Objectives:

Activity cards have clearly defined learning goals that help facilitators understand the outcome of the activity.

Fundamental Movement Skills:

Activity cards have up to three fundamental movement skills identified in each activity.

Instructions:

Activity cards have instructions for each activity that provide details for setting up the playing area, playing the activity, and opportunities for differentiation.

Variations:

Activity cards provide different entry points for students in the activity and/or ways to increase or decrease the challenge.

Check for Understanding:

Activity cards provide guiding questions to engage participants in connecting the skills, concepts, and strategies learned to the objective.

Categories and Sub Categories:

Activity cards are divided into three categories – Minds-on, Action, and Consolidation – and sub-categories to support the sequencing of each activity card. See page 2 for the definition of each category and sub-category.

Success Criteria:

Activity cards have a set of criteria to help facilitators understand what participants need to do to achieve the objective.

Equipment & Group Size:

Activity cards have a list of equipment, as well as space and group size recommendations included in each.

Diagram:

Activity cards include an image to support the setup of equipment, along with variations.

Tennis Connection:

Activity cards explain how the activity connects to the game of tennis.

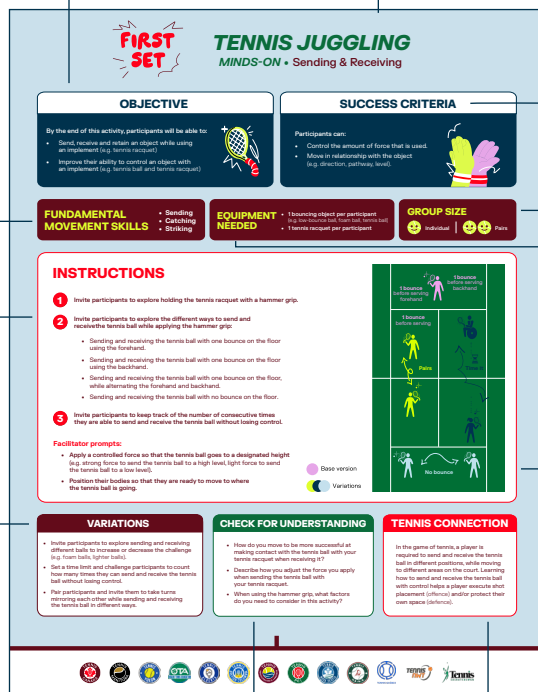


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1. Shuffle & Catch
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8. Dodgems
9. Goals
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11. Sandwich Stack
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13. Tunnel Ball

Sending and Receiving

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15. Push It
16. Tennis Juggling

ACTION 25

I Can Rally

17. Ground Control Rally
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20. Rally Up: Build Your Best Rally

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I Can Start A Point

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25. Toss and Target

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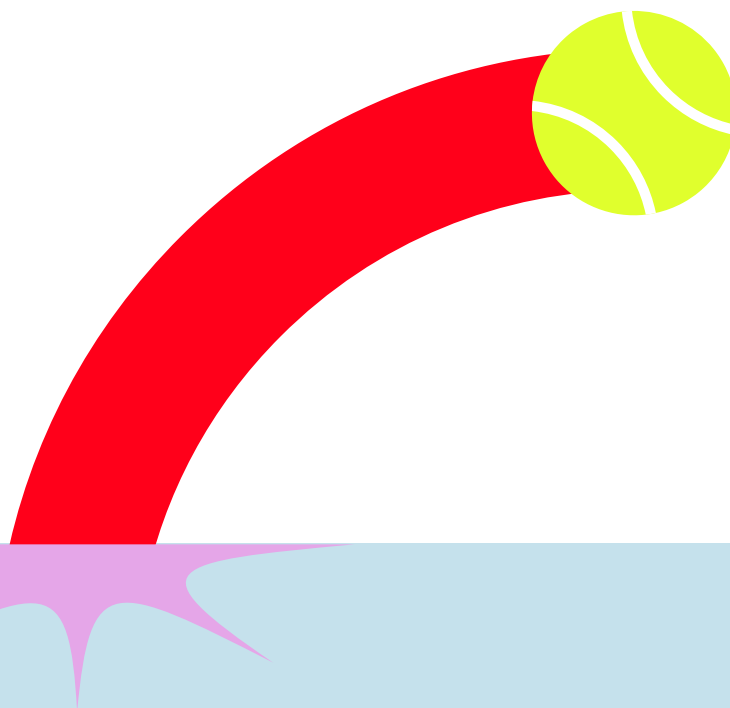
CONSOLIDATION ... 37

Point Play

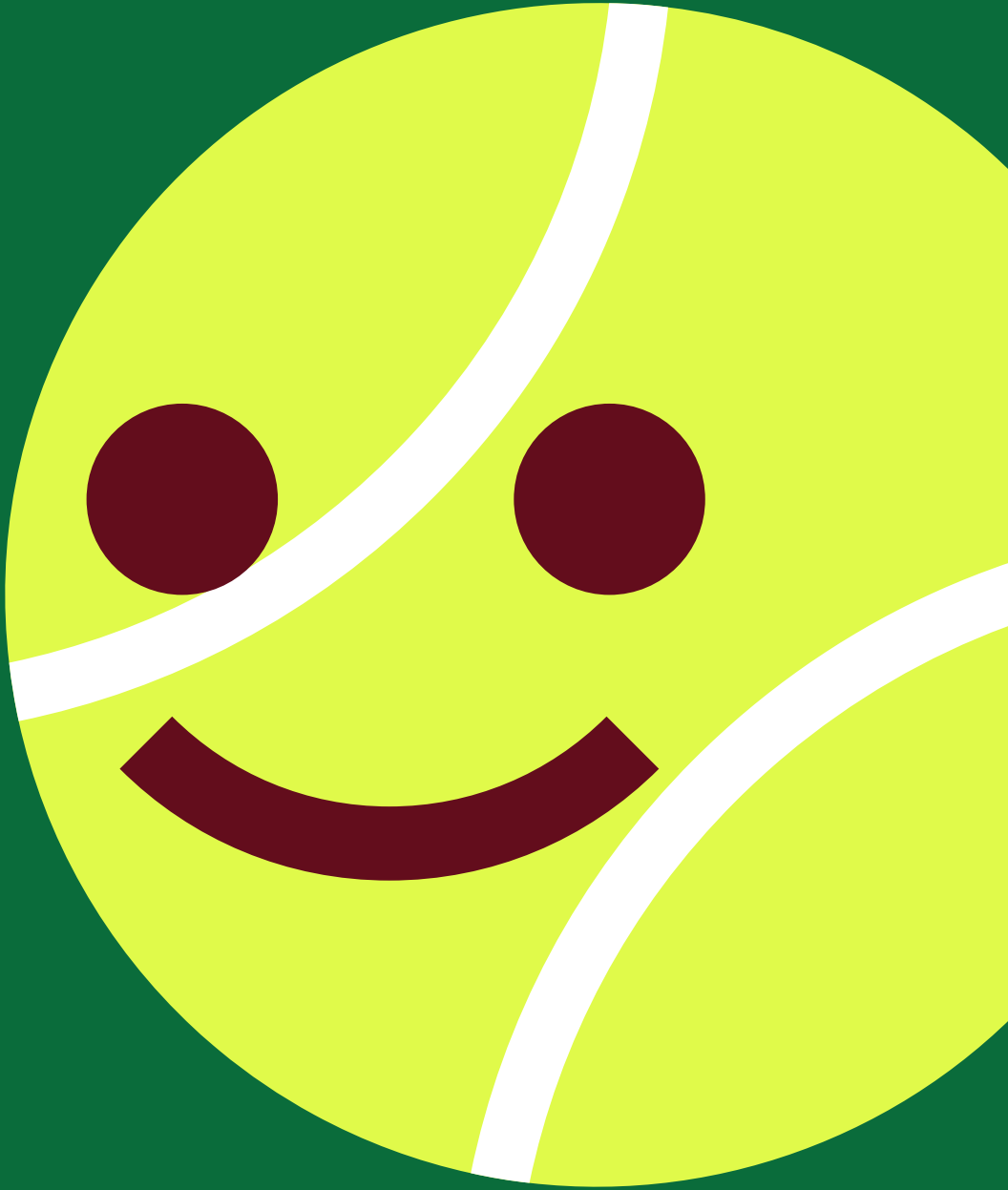
28. Approach Singles (Volleys)
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30. Racquet Toss Tennis
31. Tap Tennis
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33. Ups and Downs (Serve)

Mini-Events

Coming soon



MINDS-ON



FIRST SET

SHUFFLE & CATCH

MINDS-ON • RAMP Warm-Up

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in different ways.



SUCCESS CRITERIA

Participants can:

- Control the amount of force that is used.
- Move in relation to the object (e.g., direction, pathway, level).



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Running
- Wheeling

EQUIPMENT NEEDED

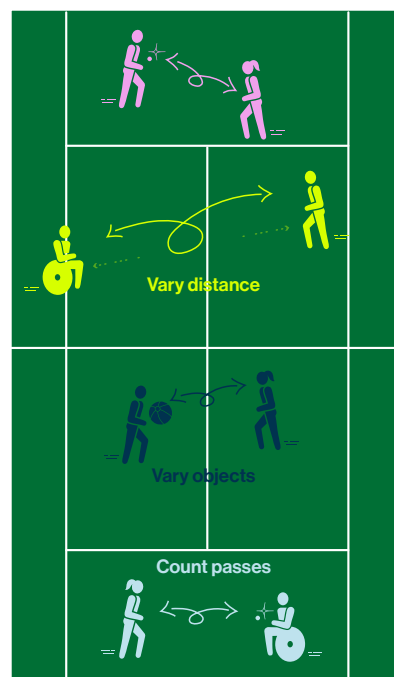
- 1 tennis ball per pair

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide one tennis ball per pair.
- 3 Invite participants to send and receive the tennis ball while moving around the playing area.
- 4 Invite participants to explore the different ways to send the tennis ball:
 - Use one or two hands.
 - Allow the tennis ball to bounce once before receiving it.
 - Send the tennis ball using an underhanded throw.
 - Send the tennis ball using an overhanded throw.
 - Slide the tennis ball across the floor with a body part of your choice.
 - Invite one participant to be stationary and the other participant to move around the playing area while sending and receiving.



VARIATIONS

- Increase or decrease the playing area to make it more or less challenging.
- Explore a variety of objects to send and receive (e.g., large foam ball, rubber chicken, bean bag)
- Invite participants to play the game without speaking and only use facial or hand gestures.
- Invite participants to count how many successful passes are made.

CHECK FOR UNDERSTANDING

- Describe how you send the tennis ball to help your partner be successful at receiving it.
- Describe how your body moves to successfully receive the tennis ball.
- What strategies did you and your partner apply to successfully move safely in the playing area while sending and receiving the tennis ball?

TENNIS CONNECTION

In tennis, players must send and receive the ball with control while moving their bodies to stay in position and keep the rally going.



FIRST SET

CONE CALL

MINDS-ON • RAMP Warm-Up

OBJECTIVE

By the end of this activity, participants will be able to:

- Move safely in a variety of ways, alone and/or with others.



SUCCESS CRITERIA

Participants can:

- Start and stop safely, change directions, and control their speed.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- 4 cones or floor markers per participant, identified by colour or numbers.

GROUP SIZE

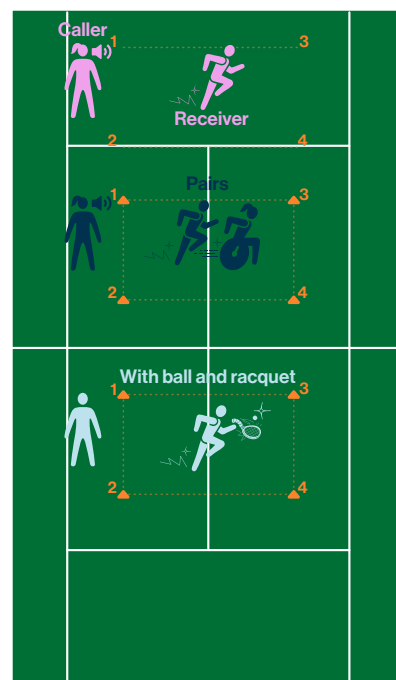


INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide each pair with four cones to create the playing area.
- 3 In pairs, determine one participant as the Caller who calls out the identified pylons, and one participant as the Responder who will respond by following the instructions.
- 4 The Responder begins in the middle of the playing area in a "ready position."
- 5 On the signal to begin, the Caller will call out an identified pylon (e.g., "Pylon 1"), and the Responder will move to that pylon and then return to the middle of the playing area.
- 6 Invite Callers to explore different combinations of movement
 - Call out one identified pylon at a time.
 - Call out two identified pylons at a time.
 - Call out a combination of identified pylons at a time.
- 7 Remind pairs to switch roles as Callers and Responders.

Base version

Variations



VARIATIONS

- Invite participants to hold a tennis racquet while balancing a tennis ball on the strings while moving to the identified pylons.
- Invite the Caller to communicate with the identified pylons in different ways (e.g., showing the number with their fingers).
- Responders work in pairs and pairs must move together to the identified pylons while staying connected (e.g., holding hands, holding a scarf between them).

CHECK FOR UNDERSTANDING

- Describe how your body is positioned so that it moves efficiently to the identified pylons.
- Describe the skills you are practicing in this game that can be transferred to the game of tennis.
- How does the "ready position" increase your chances of success in this game?

TENNIS CONNECTION

In tennis, the "ready position" prepares the player to successfully move to different parts of the tennis court to send the tennis ball to a specific location or defend their space. A tennis player moves in different ways while controlling their speed, pathway, and direction.



FIRST SET

CONE FLIP MINDS-ON • RAMP Warm-Up

OBJECTIVE

By the end of this activity, participants will be able to:

- Move safely in a variety of ways, alone and/or with others.



SUCCESS CRITERIA

Participants can:

- Start and stop safely, change directions, and control their speed.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- 20-30 cones

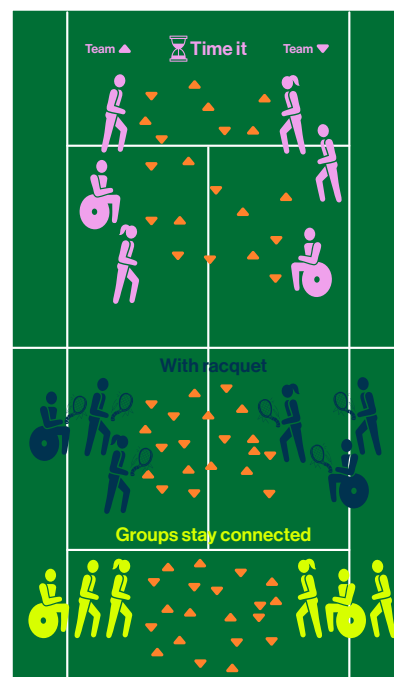
GROUP SIZE



Whole Group

INSTRUCTIONS

- 1 Scatter the cones around the playing area where half of the cones are facing up and the other half are facing down.
- 2 Divide participants into two equal groups.
- 3 Provide a set time limit.
- 4 On the signal to begin, instruct one group to flip the cones that are facing up to be faced down, and instruct the other group to flip the cones that are facing down to be faced up.
- 5 When the time limit is up, the team with the greatest number of cones in the designated position wins a point.



Base version

Variations

VARIATIONS

- Invite participants to explore by flipping the cones faced up or down while using an implement (e.g., a tennis racquet).
- Invite groups to participate in a relay approach where one participant from each group flips a cone at a time.
- Have groups stay connected and have them move together around the playing area while flipping the cones.

CHECK FOR UNDERSTANDING

- Describe what you must be aware of in this game while moving safely around the playing area.
- What strategies are you and your group applying to increase your chances of successfully flipping the greatest number of cones over?
- How do you control your speed when moving around the playing area alone and/or with others?

TENNIS CONNECTION

In tennis, a player is required to move in different directions and pathways on their side of the court, while controlling their speed and adjusting it in relation to their opponent and the tennis ball.



FIRST SET

COURT PARTS

MINDS-ON • RAMP Warm-Up

OBJECTIVE

By the end of this activity, participants will be able to:

- Build their knowledge and understanding of the parts of a tennis court.
- Learn about concepts of spatial awareness while moving in different directions and different ways on a tennis court.



SUCCESS CRITERIA

Participants can:

- Move in different directions, in different ways (e.g., pathways, levels)



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Pre-made signs with the names of the lines:
 - Baseline
 - Two Singles Side Lines
 - Two Doubles Side Lines
 - Centre Service Line
 - Service Line

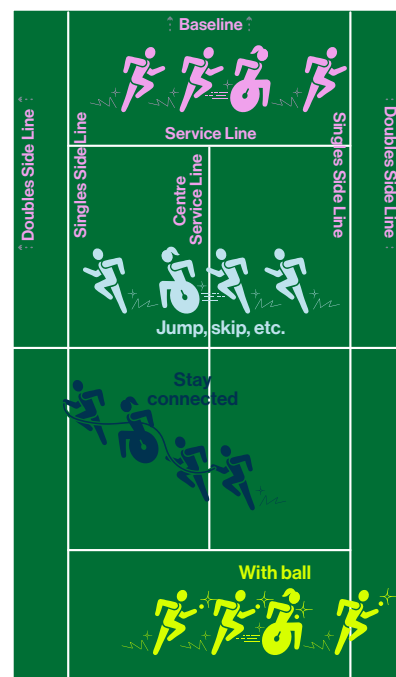
GROUP SIZE



Small Groups

INSTRUCTIONS

- 1 Divide participants into small groups (e.g., 4-5 participants)
- 2 Provide each group with the equipment and materials to create the playing area.
- 3 Participants position themselves on the baseline.
- 4 On the signal to begin, call out a part of the tennis court.
- 5 Participants move to that part of the tennis court by positioning themselves on the line.



Base version

Variations

VARIATIONS

- Invite participants to move to the parts of the tennis court while exploring different locomotion or travelling skills (i.e., skipping, jumping, shuffling, and/or rolling).
- Invite participants to move to the part of the tennis court while holding or bouncing a tennis ball.
- Have participants in small groups connected by holding an object in between them and moving to the location while staying connected, e.g., holding a scarf to stay connected while moving.

CHECK FOR UNDERSTANDING

- When starting at the baseline, which area of the tennis court was easiest and/or most challenging to move to, and why?
- Can you name the different parts of the tennis court?

TENNIS CONNECTION

This activity helps players learn the names and locations of court lines while developing spatial awareness and movement skills. These are key foundations for players to confidently position themselves during a match, while following game rules accurately.



FIRST SET

ROB THE NEST MINDS-ON • RAMP Warm-Up

OBJECTIVE

By the end of this activity, participants will be able to:

- Perform a variety of movements with and without equipment, while travelling in different directions, speeds, and pathways.



SUCCESS CRITERIA

Participants can:

- Move the body from one point to another while being safe.
- Retain and manipulate an object with and without an implement.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- 1 object to contain the tennis ball (e.g., hoop, bucket, basket)
- 1 tennis racquet per participant
- 20-30 tennis balls

GROUP SIZE



Individual



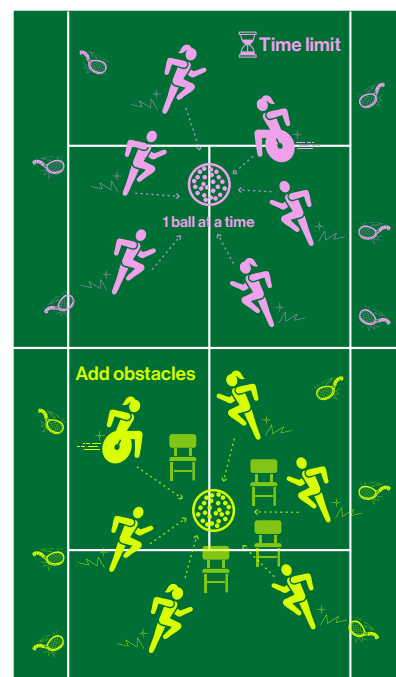
Pairs

INSTRUCTIONS

- 1 Place all the tennis balls in the middle of the playing area in the hoop, bucket, or basket.
- 2 Participants position themselves around the playing area and place their tennis racquet on the floor with the strings facing up to create their personal "nest".
- 3 Set a time limit.
- 4 On the signal to begin, participants move to the middle of the playing area to retrieve a tennis ball to return to their nest. Participants can only retrieve one tennis ball at a time.
- 5 Once all the tennis balls in the middle of the playing area are gone, participants are allowed to retrieve tennis balls from other participants' nests. Participants can only receive one tennis ball at a time.

Base version

Variations



VARIATIONS

- Invite participants to explore a variety of locomotor movements: crawling, moving on a scooter, jumping, shuffling, skipping, etc.
- Create obstacles around the playing area to invite participants to explore moving in different pathways.
- Group participants into pairs and invite them to move and work together.

CHECK FOR UNDERSTANDING

- Describe what you must be aware of when moving safely in the playing area.
- What strategy helped you be successful at collecting tennis balls?
- Describe how speed contributes to this activity.

TENNIS CONNECTION

In tennis, players must look at their opponent to quickly read where their shot will go and move with speed and agility to reach the ball in time.



FIRST SET

BASKETBALL TAG

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Move in a variety of ways in relation to their opponent.



SUCCESS CRITERIA

Participants can:

- Show awareness of how their body moves in different directions, levels, and pathways, alone and with others.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling
- Catching

EQUIPMENT NEEDED

- 2 different-coloured tennis balls to identify the taggers
- 1 tennis ball per participant

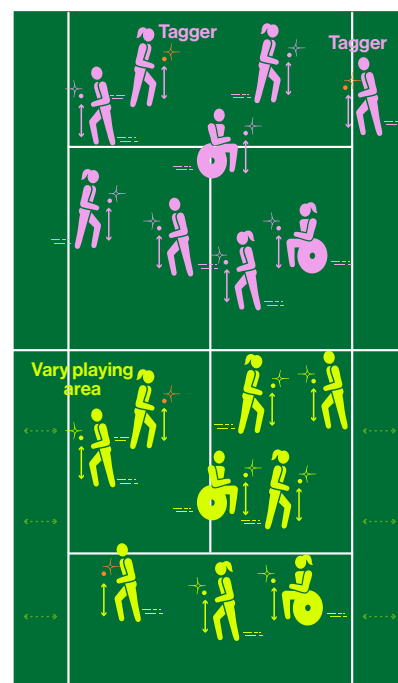
GROUP SIZE



Whole Group

INSTRUCTIONS

- 1 Provide each participant with a tennis ball.
- 2 Assign 1-2 participants as the taggers by providing them with a tennis ball that is a different colour from the other participants' tennis balls.
- 3 Determine what a safe tag is, e.g., a tag can be a gentle touch and not a hard hit, and contact must be made below the shoulders.
- 4 Non-taggers should bounce the ball as they move around the space and keep track of how many times they bounce it before being tagged.
- 5 When a participant is tagged, the tagger and the participant switch tennis balls, and the tagged participant becomes the tagger.



VARIATIONS

- Increase or decrease the size of the playing area to make it easier or more challenging.
- Invite participants to explore different locomotion or travelling skills (i.e., skipping, jumping, shuffling, and/or rolling) while playing the game.
- Create small groups where each group has a tagger, and the objective is for the tagger to tag participants within the group.

CHECK FOR UNDERSTANDING

- What do you have to be aware of when you are moving safely in the playing area?
- Describe a strategy you used to avoid being tagged.
- If you are a tagger, describe a strategy you used to successfully tag another participant.

TENNIS CONNECTION

In tennis, a player moves on the court in different directions and pathways while trying to stay in control of where the tennis ball will go.



FIRST SET

CATERPILLAR MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Build on relationship skills while working through a variety of challenges.



SUCCESS CRITERIA

Participants can:

- Establish positive patterns of communication while applying conflict-resolution skills.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling
- Catching

EQUIPMENT NEEDED

- 1 object to contain the tennis balls (e.g., hoop, bucket, basket)
- 1 tennis ball per group
- 1 tennis racquet per participant

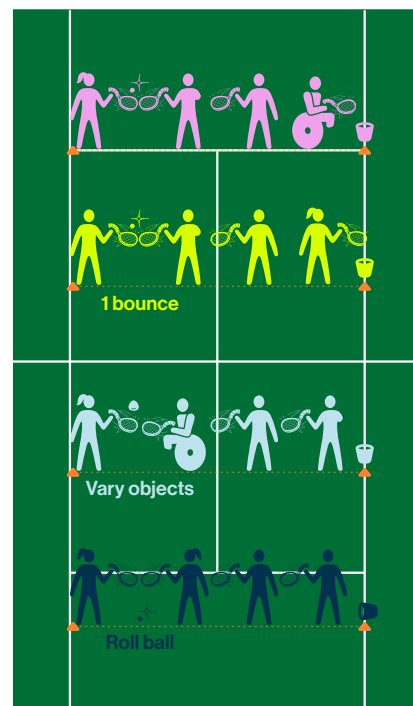
GROUP SIZE



Small Groups

INSTRUCTIONS

- 1 Divide participants into small groups (e.g., 4-5 participants per group).
- 2 Provide each participant with a tennis racquet and provide each group with one tennis ball.
- 3 Groups position themselves spread out in a line across the whole playing area.
- 4 Provide each group with their empty hoop/bucket/basket and place it at one end of the playing area.
- 5 On the signal to begin, the first participant in each group begins with the tennis ball on the strings of their tennis racquet and passes it by gently placing it onto the next participant's tennis racquet.
- 6 Participants continue passing the tennis ball along the line until it reaches the last participant to place the tennis ball into the hoop/bucket/basket.
- 7 If the tennis ball drops, the passing sequence begins again at the first participant in the line.



VARIATIONS

- Invite participants to explore different ways to pass the tennis ball down the line (e.g., pass the tennis ball by sending it with one bounce, pass the tennis ball by rolling it across the floor).
- Explore passing different objects (e.g., bean bag, rubber chicken, large foam ball).
- Invite participants to play the game without speaking and only using facial or hand gestures.

CHECK FOR UNDERSTANDING

- What strategies did your group use that helped you succeed in this challenge?
- Describe what communication looks, sounds, and feels like in this challenge?
- When your group encountered a conflict, what did you do to support your group?

TENNIS CONNECTION

Tennis can also be played as doubles, where there are two people on each side of the court. A successful doubles team can work through a variety of different challenges together. They have positive communication skills, conflict-resolution skills, and also have a healthy relationship built on respect and trust.



FIRST SET

DODGEMS

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Move safely in a variety of ways, alone and/or with others, while controlling an object with an implement (e.g., a tennis ball and a tennis racquet).



SUCCESS CRITERIA

Participants can:

- Start and stop safely, change directions, and control their speed.
- Apply manipulation skills to retain an object.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- 1 tennis ball per participant
- 1 tennis racquet per participant

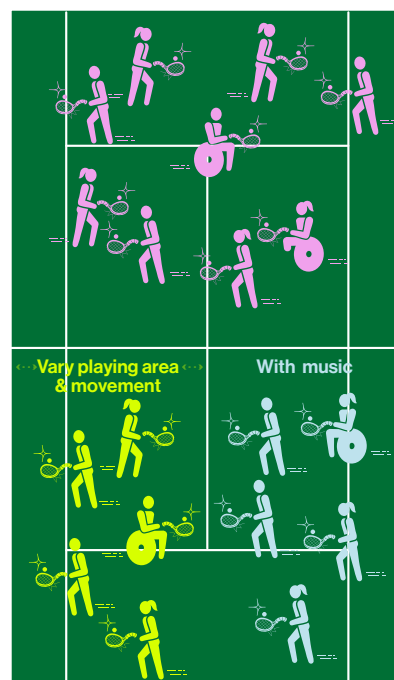
GROUP SIZE



Whole Group

INSTRUCTIONS

- Provide one tennis racquet and one tennis ball per participant.
- Participants place the tennis ball on the strings of their tennis racquet.
- On the signal to begin, participants balance their tennis ball on their tennis racquet while moving safely around the playing area.
- If participants drop their tennis ball, they will retain it by stopping and trapping the ball with their racquet and re-entering the activity.



Base version

Variations

VARIATIONS

- Increase or decrease the playing area to make it more or less challenging.
- Invite participants to move in a variety of ways (e.g., moving backwards, moving sideways, moving as partners connected together).
- Play music during the game. When the music is playing, participants are signaled to move, and when the music stops, participants are signaled to stop moving.

CHECK FOR UNDERSTANDING

- What strategies did you apply to move safely around the playing area while balancing the tennis ball on your tennis racquet?
- How do you control your speed when moving around the playing area alone and/or with others?

TENNIS CONNECTION

In tennis, players are successful when they can apply awareness and control of their tennis racquets. This is where the player can apply manipulation skills to control how they send and receive the tennis ball.



FIRST SET

GOALS

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Perform a variety of movements with and without equipment, while travelling in different directions, speeds, and pathways.



SUCCESS CRITERIA

Participants can:

- Move the body from one point to another in control while being safe.
- Retain and manipulate an object with and without an implement (e.g., forehand and backhand grip)



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- 20-30 cones or floor markers
- 1 tennis ball per participant
- 1 racquet per participant

GROUP SIZE



Individual



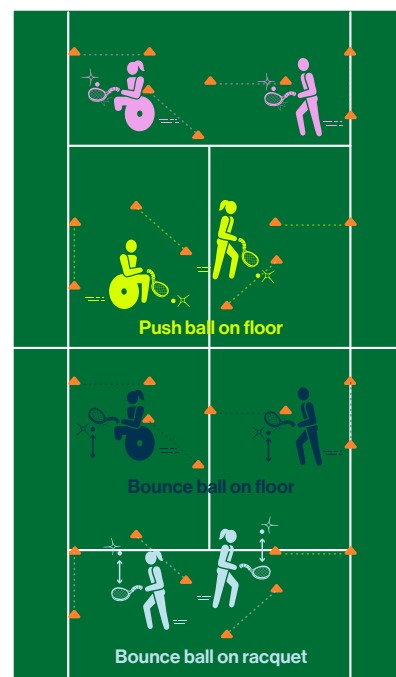
Pairs

INSTRUCTIONS

- 1 Set up pairs of cones scattered around the playing area to create a series of goal posts.
- 2 Provide a tennis racquet and a ball per participant.
- 3 On the signal to begin, participants move within the playing area while moving through goal posts.
- 4 Invite participants to explore the different ways to move:
 - Balance the tennis ball on the tennis racquet.
 - Place the tennis ball on the floor and use the end of the tennis racquet to push the tennis ball.
 - Bounce the tennis ball on the floor.
 - Bounce the tennis ball on the tennis racquet.

Base version

Variations



VARIATIONS

- Designate a grip for participants to use when holding the tennis racquet (e.g., forehand or backhand grip).
- Set a time limit and invite participants to move through as many goal posts as they can.
- Explore using different objects with the tennis racquet (e.g., large foam balls, bean bag, rubber chicken).

CHECK FOR UNDERSTANDING

- Describe what you must be aware of when moving safely around the playing area.
- Describe a strategy you use to control the tennis ball while moving around the playing area.
- Which grip do you feel more comfortable with when controlling the tennis ball in this activity?

TENNIS CONNECTION

In tennis, a player should be able to confidently move around their side of the court while controlling the tennis ball in different directions, speeds, and pathways.



FIRST SET

RAK ATTACK

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Send an object to a target.



SUCCESS CRITERIA

Participants can:

- Apply aim, accuracy, and force towards a target.



FUNDAMENTAL MOVEMENT SKILLS

- Throwing
- Aiming
- Catching

EQUIPMENT NEEDED

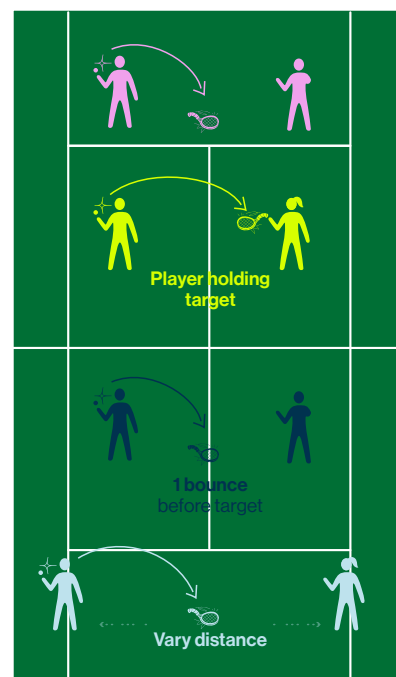
- 1 object per pair (e.g., foam ball, bean bag, or tennis ball)
- 1 tennis racquet per pair

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide one tennis racquet and one object of their choice per pair.
- 3 Participants stand face-to-face, placing the tennis racquet on the floor with the strings facing up.
- 4 Participants take turns sending the object to the target, the strings of the tennis racquet.
- 5 Participants score a point when the object lands and stays on the tennis racquet strings.



VARIATIONS

- Change the height of the target by having one participant hold the tennis racquet in a stationary position, while the other participant attempts to send the object onto the strings of the tennis racquet.
- Invite participants to explore different ways to send the object to the target (e.g., bounce the tennis ball once before having it land on the target).
- Have pairs explore positioning themselves at different distances away from the target.

CHECK FOR UNDERSTANDING

- Describe why it is important to control the force you use when sending the object to the target.
- Which object do you prefer sending? Describe why.
- Describe what you have to do with your body to send the object?
- How does your strategy change when sending the object from different distances?

TENNIS CONNECTION

This activity helps players develop the precision needed for ball tosses during serves, as well as the coordination required to control contact with the ball — two foundational skills for effective rallying and serving in tennis.



FIRST SET

SANDWICH STACK

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Build on relationship skills while working through a variety of challenges.
- Travel in different directions, speeds, and pathways with and without equipment.



SUCCESS CRITERIA

Participants can:

- Establish positive patterns of communication while applying conflict-resolution skills.
- Move the body from one point to another, in control, while being safe.
- Retain and manipulate an object with an implement.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling

EQUIPMENT NEEDED

- Cones or floor markers
- 1 tennis ball per participant
- 1 tennis racquet per participant

GROUP SIZE



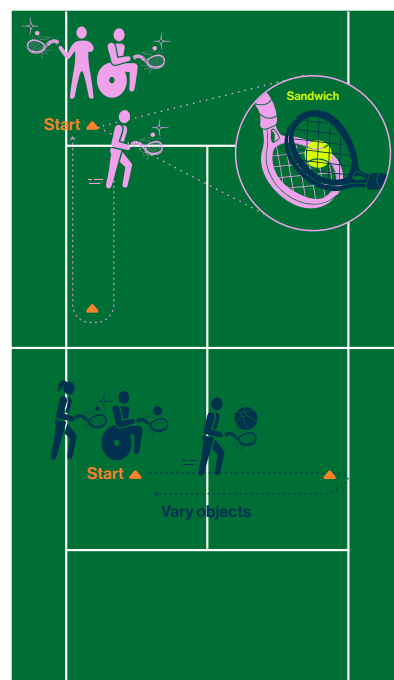
Teams of 3

INSTRUCTIONS

- 1 Place cones or floor markers to identify the start and end point
- 2 Provide each participant with a tennis ball and a tennis racquet.
- 3 Divide participants into small groups (e.g., 4-5 participants per group).
- 4 On the signal to begin, the first participant of each group will travel from the starting point to the end point with their tennis ball balanced on their tennis racquet.
- 5 When the first participant returns, the next participant will place their tennis racquet and tennis ball on top of theirs, creating a "sandwich".
- 6 Together they will travel from the starting point to the end point with their tennis balls and tennis racquets on top of each other.
- 7 Encourage participants to explore different ways to hold and balance the tennis balls and tennis racquets while moving together.

Base version

Variations



VARIATIONS

- Invite groups to explore different ways to carry the tennis balls and tennis racquets while moving together from the starting point to the end point.
- Explore using different objects (e.g., bean bags, rubber chickens, small foam balls).
- Invite participants to explore different ways to move together (e.g., when starting the game, have all participants in the group balance their tennis balls and tennis racquets together, and then have each participant move away each round.)

CHECK FOR UNDERSTANDING

- Describe what was successful for your group in this activity.
- Describe what was challenging for your group in this activity.
- How did you and your group work through the challenges you encountered?
- What does collaboration look, sound, and feel like in this activity?

TENNIS CONNECTION

In tennis, successful players build strong relationships by showing respect and working together, especially in doubles or team settings.



FIRST SET

THROW AND CATCH

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive objects at different levels and in different ways.



SUCCESS CRITERIA

Participants can:

- Control the force of how they send the object with aim and accuracy.
- Control how they send and receive the object in relation to their partner and the object.



FUNDAMENTAL MOVEMENT SKILLS

- Throwing
- Catching
- Footwork (shuffle steps, forward/backward movement)

EQUIPMENT NEEDED

- Cones or floor markers to create a playing area.
- 1 object per pair (e.g., tennis ball, beach ball, small or large foam ball, bean bag)

GROUP SIZE



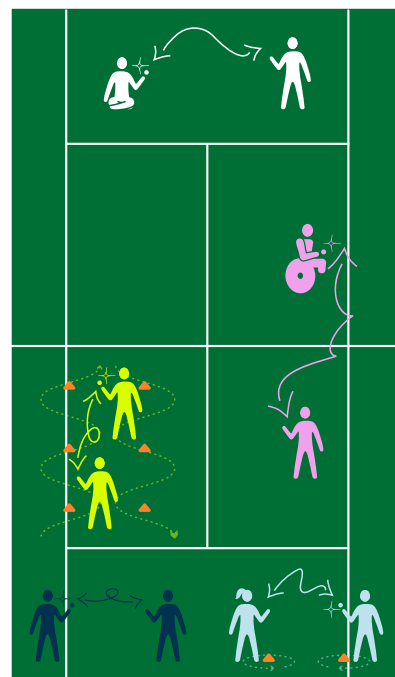
Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide cones or floor markers for pairs to create their own playing area.
- 3 Invite participants to send and receive an object of their choice together while exploring the different progressions within their playing area:
 - Sending and receiving with the dominant hand.
 - Sending and receiving with one or both hands.
 - Sending and receiving while seated.
 - Sending with different body parts.
- 4 Invite participants to explore sending and receiving while stationary or moving around obstacles:
 - Participants touch a cone or a floor marker after they send the object.
 - Participants send and receive the object while moving around cones or floor markers as obstacles.
 - Participants send and receive the object while one partner is seated, and one partner is not.

Base version

Variations



VARIATIONS

- Increase or decrease the playing area to make it easier or more challenging to send and receive the object.
- Provide a time limit and invite pairs to count how many times they can send and receive the object without losing control of the object.
- Create a net and invite participants to send and receive the object over the net.

CHECK FOR UNDERSTANDING

- Describe how you send the object to increase the chances of your partner receiving the object successfully.
- Describe how you position your body to receive the object successfully.
- Which object do you prefer to send and receive, and why?

TENNIS CONNECTION

In tennis, the objective is to send the tennis ball over the net so that the opponent cannot return it successfully within the court boundaries. During the game, players need to be able to send and receive the tennis ball from different locations while using different forces to make it challenging for the opponent to return.



FIRST SET

TUNNEL BALL

MINDS-ON • Coordination

OBJECTIVE

By the end of this activity, participants will be able to:

- Build on relationship skills while working through a variety of challenges



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Sending
- Wheeling

EQUIPMENT NEEDED

- 1 ball per group (e.g., small soccer ball, foam ball)

GROUP SIZE

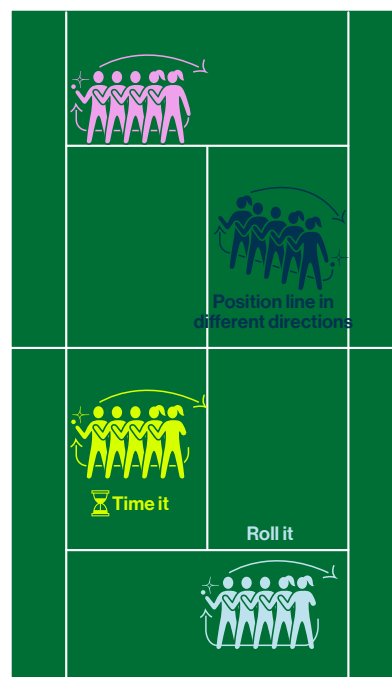


INSTRUCTIONS

- 1 Divide participants into small groups (e.g., 4-5 participants per group).
- 2 Provide each group with one ball.
- 3 Groups position themselves in a line, one participant behind the other, across the whole playing area. Participants are positioned stationary with their feet wide apart, forming a tunnel with their legs as a group.
- 4 On the signal to begin, the first participant in each group rolls the ball through the tunnel.
- 5 Once the ball passes through the legs of the last participant in the group, they retrieve it and move to the beginning of the line to continue the pattern.
- 6 The activity ends when every participant in the group has had a turn to roll the ball through the tunnel.

Base version

Variations



VARIATIONS

- Invite groups to position their line in different directions to promote the ball to roll in different ways (e.g., participants in a group can line up diagonally)
- Set a time limit for groups to play within.
- Explore different ways to send the ball down the line (e.g., rolling the ball by sending it with your feet)

CHECK FOR UNDERSTANDING

- Describe some ways you helped another participant in your group.
- Describe a strategy your group applied to be successful in this challenge.
- When your group encountered a conflict, what did you do to be a supportive group member?

TENNIS CONNECTION

In tennis, players rely on timing, teamwork, and quick reactions, especially in doubles where communication and coordination are key.



FIRST SET

CLEAR THE BEDROOM

MINDS-ON • Sending and Receiving

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive a variety of objects in different ways.



SUCCESS CRITERIA

Participants can:

- Apply aim and accuracy skills.
- Track and move accordingly to retain the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Running
- Wheeling

EQUIPMENT NEEDED

- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- 20-30 variety of soft objects (e.g., bean bags, foam balls, beach balls)

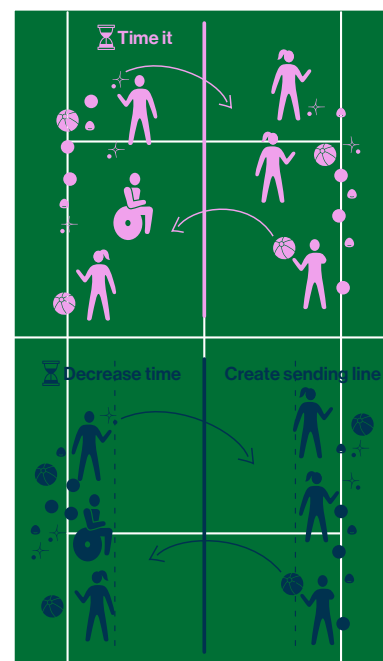
GROUP SIZE



Whole Group

INSTRUCTIONS

- 1 Place the net in the middle to divide the playing area into two equal sides.
- 2 Divide participants into two groups and designate a side for each group.
- 3 Provide each group with an equal number of objects.
- 4 On the signal to begin, set a designated time and invite participants to send an object over the net using an overhand throw.
- 5 Participants can only send one object at a time.
- 6 When the set time is complete, the group with the least number of objects on their side receives a point.



VARIATIONS

- Increase or decrease the designated time to play to make it easier or more challenging.
- Invite participants to explore a variety of ways to send the object (e.g., sliding the object across the floor, throwing the object underhand, using an implement to send the object)
- Create a sending line on each side of the playing area for participants to send the objects from.
- Encourage participants to pass an object to a group member before the object is sent to the other side.

CHECK FOR UNDERSTANDING

- Describe a strategy your group applied to be successful in this activity.
- What does working together look, sound, and feel like in this activity?
- Which way do you prefer to send the object and why?

TENNIS CONNECTION

During a rally in tennis, players have to be able to adapt and cope while sending and receiving the tennis ball in different ways, while reacting to unexpected situations.



FIRST SET

PUSH IT

MINDS-ON • Sending & Receiving

OBJECTIVE

By the end of this activity, participants will be able to:

- Hold a racquet while developing control for the:
 - Forehand
 - Backhand
- Move in a variety of ways in relationship to their opponent and/or the tennis ball.



SUCCESS CRITERIA

Participants can:

- Control their speed when moving towards the tennis ball.
- Anticipate where the object will go and move to prepare for the return.
- Send the object into the opponent's open space.
- Defend their space.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Striking

EQUIPMENT NEEDED

- 4 cones per pair to mark targets
- 1 tennis ball per pair
- 1 tennis racquet per participant

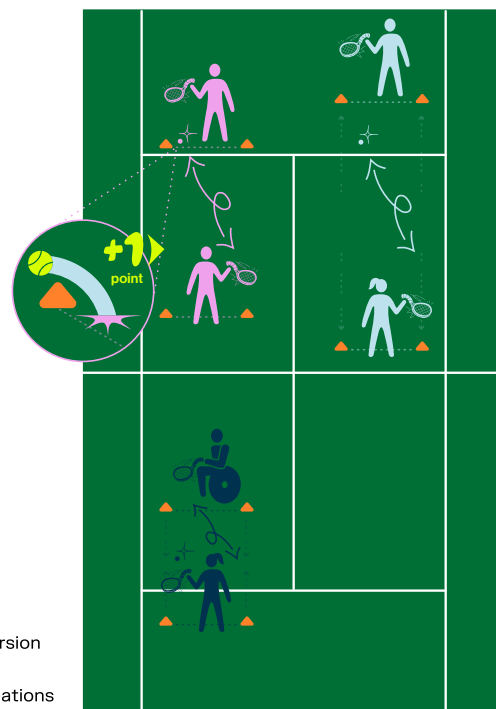
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide 4 cones for each pair to create the playing area.
- 3 Each partner will position themselves across from one another behind the two cones on their side.
- 4 One partner begins by placing the tennis ball on the ground on their side of the line, then strikes the tennis ball with the end of their tennis racquet towards their partner's side along the ground. The partner stops the tennis ball with their tennis racquet before returning the tennis ball.
- 5 A point is scored when the tennis ball passes between the opponent's two cones, their goal line.
- 6 Encourage participants to explore the forehand and the backhand grip.



VARIATIONS

- Increase or decrease the size of the playing area to make it more or less challenging.
- Invite participants to continue the game of play without stopping the tennis ball with their racquet before pushing it back to the opposite goal line (e.g. sending the object with one-touch)
- Invite participants to explore sending a variety of objects to make it more or less challenging (e.g. foam balls, different size balls, bean bag)

CHECK FOR UNDERSTANDING

- When receiving the tennis ball, describe how you are positioning your body and tennis racquet to increase your chances of success defending your goal line.
- When sending the tennis ball, describe how you are positioning your body and tennis racquet to increase your chances of success to score a point against your opponent.
- Describe when you decide to use the forehand versus the backhand of your tennis racquet.

TENNIS CONNECTION

In the game of tennis, the objective is for the player to send the tennis ball into their opponent's side of the net and into their open space. This activity mirrors a regular tennis match, forcing participants to use their forehand and backhand while keeping the ball on the ground.



FIRST SET

TENNIS JUGGLING

MINDS-ON • Sending & Receiving

OBJECTIVE

By the end of this activity, participants will be able to:

- Send, receive and retain an object while using an implement (e.g. tennis racquet)
- Improve their ability to control an object with an implement (e.g. tennis ball and tennis racquet)



SUCCESS CRITERIA

Participants can:

- Control the amount of force that is used.
- Move in relationship with the object (e.g. direction, pathway, level).



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Striking

EQUIPMENT NEEDED

- 1 bouncing object per participant (e.g. low-bounce ball, foam ball, tennis ball)
- 1 tennis racquet per participant

GROUP SIZE



Individual



Pairs

INSTRUCTIONS

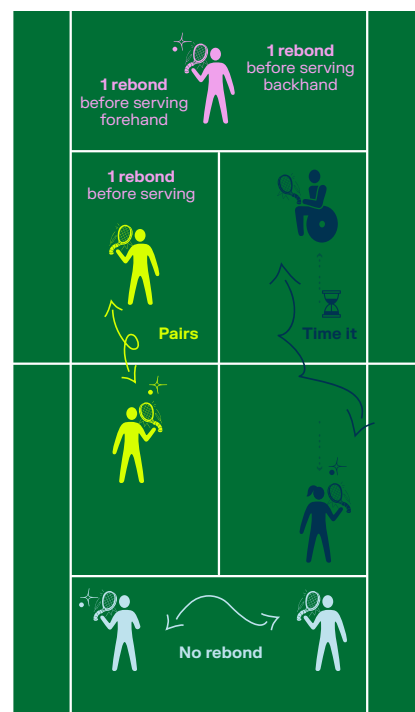
- 1 Invite participants to explore holding the tennis racquet with a hammer grip.
- 2 Participants should begin by sending and receiving the ball to themselves.
- 3 Invite participants to explore the different ways to send and receive the tennis ball while applying the hammer grip:
 - Sending and receiving the tennis ball with one bounce on the floor using the forehand.
 - Sending and receiving the tennis ball with one bounce on the floor using the backhand.
 - Sending and receiving the tennis ball with one bounce on the floor, while alternating the forehand and backhand.
 - Sending and receiving the tennis ball with no bounce on the floor.
- 4 Invite participants to keep track of the number of consecutive times they are able to send and receive the tennis ball without losing control.

Facilitator prompts:

- Apply a controlled force so that the tennis ball goes to a designated height (e.g. strong force to send the tennis ball to a high level, light force to send the tennis ball to a low level).
- Position their bodies so that they are ready to move to where the tennis ball is going.

Base version

Variations



VARIATIONS

- Invite participants to explore sending and receiving different balls to increase or decrease the challenge (e.g. foam balls, lighter balls).
- Set a time limit and challenge participants to count how many times they can send and receive the tennis ball without losing control.
- Pair participants and invite them to take turns mirroring each other while sending and receiving the tennis ball in different ways.

CHECK FOR UNDERSTANDING

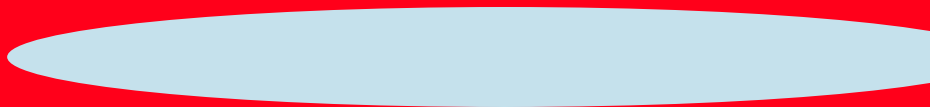
- How do you move to be more successful at making contact with the tennis ball with your tennis racquet when receiving it?
- Describe how you adjust the force you apply when sending the tennis ball with your tennis racquet.
- When using the hammer grip, what factors do you need to consider in this activity?

TENNIS CONNECTION

In the game of tennis, a player is required to send and receive the tennis ball in different positions, while moving to different areas on the court. Learning how to send and receive the tennis ball with control helps a player execute shot placement (offence) and/or protect their own space (defence).



ACTION



FIRST SET

GROUND CONTROL RALLY

ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object with a partner to create a rally.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Striking
- Running
- Wheeling

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 tennis racquet per participant
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

GROUP SIZE

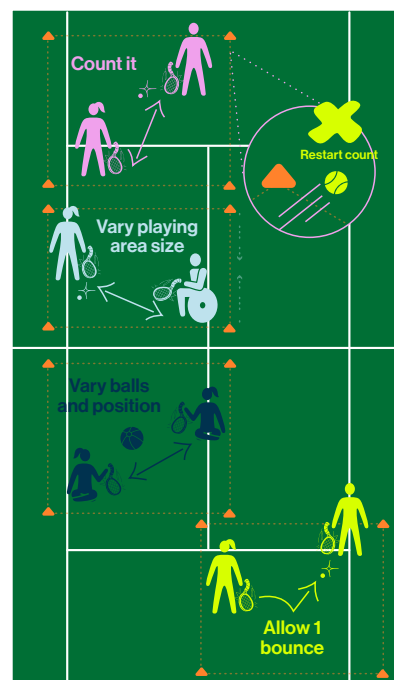


INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide each participant with a tennis racquet.
- 3 Provide each pair with one ball of their choice.
- 4 Participants set up the playing area.
- 5 On the signal to begin, one participant sends the ball with their racquet to their partner by striking the ball so that it rolls along the floor.
- 6 Partners count how many times they can consecutively strike the ball along the floor while keeping it within their activity area.
- 7 When the ball goes out of bounds, the rally ends and the pairs play again, trying to match or exceed their previous count.

Base version

Variations



VARIATIONS

- Increase or decrease the size of the playing area to make it more or less challenging.
- Explore how participants can send the ball (e.g., the ball can bounce once before being received).
- Play seated or kneeling.

CHECK FOR UNDERSTANDING

- Describe the best location to send the ball to help your partner be successful at receiving it.
- Describe how you should position your body when receiving the ball.
- What strategies did you and your partner apply to create a successful rally?

TENNIS CONNECTION

In tennis, players rally the ball back and forth to keep the point alive, making rallying an essential skill for developing control, consistency, and cooperative play.



FIRST SET

RACQUET CONTROL PROGRESSIONS

ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object while using an implement (e.g., a tennis racquet)



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object.
- Move and position their body in relation to the object while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching

EQUIPMENT NEEDED

- 1 tennis ball per participant
- 1 tennis racquet per participant

GROUP SIZE



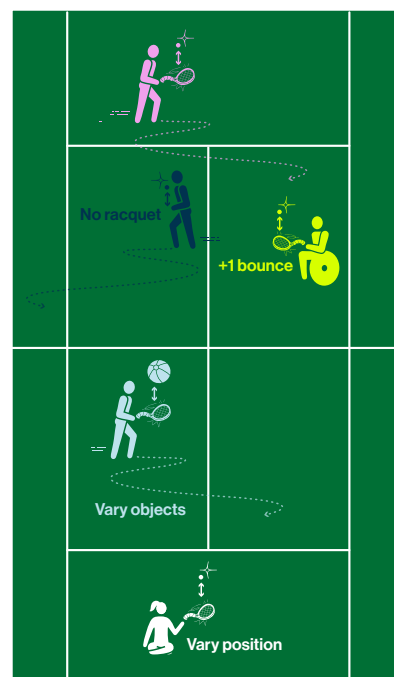
Whole Group

INSTRUCTIONS

- 1 Introduce a large playing area and invite participants to explore the following activities with a tennis racquet:
 - Move around the playing area, holding the tennis racquet, while balancing the tennis ball on the strings.
 - Move around the playing area, holding the tennis racquet while sending the tennis ball in the air and receiving the tennis ball on the tennis racquet, and then balancing the tennis ball on the strings to regain control.
 - Move around the playing area while holding the tennis racquet, while sending and receiving the tennis ball consecutively on the strings.
 - Move around the playing area, holding the tennis racquet, while sending the tennis ball upward, allowing the tennis ball to bounce once on the floor, and then balancing the tennis ball on the strings to regain control.

Base version

Variations



VARIATIONS

- Invite participants to start with sending and receiving the tennis ball using their hands before progressing to using an implement.
- Explore different positions to send and receive the tennis ball (e.g., play seated, play kneeling)
- Provide different objects for participants to send and receive (e.g., balloon, foam ball, beach ball)

CHECK FOR UNDERSTANDING

- Describe how you send the tennis ball so that you have more of a chance to receive your pass successfully.
- How do you move your body to be more successful at receiving the tennis ball?
- How do you adjust the force you apply to the tennis ball to successfully send and receive it?

TENNIS CONNECTION

In tennis, players must control the ball with precision and adjust their force and aim to place shots effectively, making racquet control essential for consistent play.



FIRST SET

RALLY SHOWDOWN – 3 SHOT CHALLENGE

ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in relation to the object and the opponent.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Striking

EQUIPMENT NEEDED

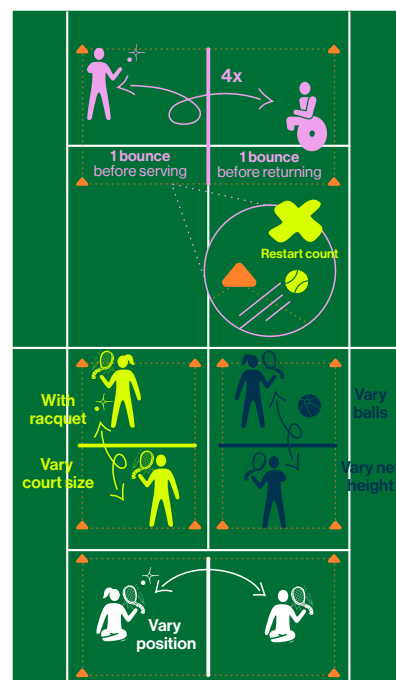
- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Pairs will set up a playing area with a net down the middle, so each participant has their own side.
- 3 Each pair selects a ball to send and receive.
- 4 One partner begins the rally by bouncing the ball on their side of the net and then strikes the ball with an open palm or a tennis racquet over the net to their partner's side.
- 5 The partner allows the ball to bounce once on their side and then returns the ball using an open palm or a tennis racquet.
- 6 Partners consecutively send and receive the ball while keeping it within their playing area up to four times. Then they can continue to play to determine who can send the ball into the opponent's open space to play for a point.
- 7 If the ball goes out of bounds, the process of the rally and play for a point begins again.



VARIATIONS

- Increase or decrease the size of the playing area to make it more or less challenging.
- Lower or increase the height of the net and invite participants to explore which ball is easier or more challenging to play with.
- Play in different positions (e.g., seated, on a scooter)
- Invite participants to play the game while using a racquet to send and receive the ball.

CHECK FOR UNDERSTANDING

- Describe how you send and receive the ball to create a rally with your partner.
- Describe how you send and receive the ball to play for a point.
- How much effort does it take to successfully keep up a rally? How much effort does it take to successfully play for a point?

TENNIS CONNECTION

In tennis, players rally to maintain the point, and when ready to win a point, they aim to place the ball into open space to outlast their opponent and win the rally.



FIRST SET

RALLY UP: BUILD YOUR BEST RALLY

ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object with a partner to create a rally.



SUCCESS CRITERIA

Participants can:

- Control how they send and receive the object in relation to their partner and the object while moving.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Striking
- Running
- Wheeling

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

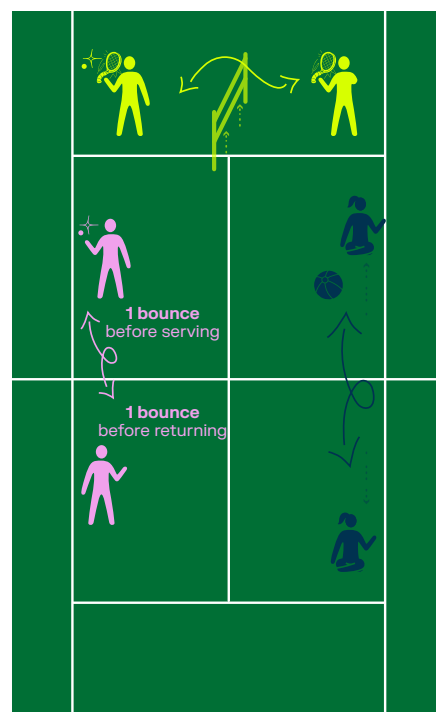
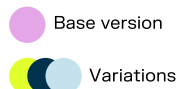
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Pairs set up a playing area with a net down the middle, so each participant has their own side.
- 2 Each pair selects a ball to send and receive.
- 3 One partner begins the rally by bouncing the ball on their side of the net and then striking the ball with an open palm over the net to their partner's side.
- 4 The partner allows the ball to bounce once on their side and then returns the ball using an open palm.
- 5 Option for participants to catch the ball before returning it to their partner.
- 6 Partners count how many times they can consecutively send and receive the ball while keeping it within their playing area together.
- 7 When the ball goes out of bounds, the rally ends and participants play again, trying to match or exceed their previous score.
- 8 Invite participants to explore the different balls to send and receive.
- 9 Encourage participants to use their forehand and backhand.



VARIATIONS

- Increase or decrease the size of the playing area to make it more or less challenging.
- Increase or decrease the height of the net to make it more or less challenging to send and receive the ball.
- Invite participants to play the game while using a racquet to send and receive the ball.
- Play seated or kneeling.

CHECK FOR UNDERSTANDING

- Describe how the net contributes to how you send and receive the ball to and from your partner.
- How do you send the ball to your partner to help keep the rally going?
- Describe the optimal place you are positioning yourself on the court when sending and receiving the ball.

TENNIS CONNECTION

In the game of tennis, creating a rally is a valuable skill because one of the core strategies is to outlast the opponent. This is where both players are in a rally, and one player is trying to play one more shot than their opponent.



FIRST SET

SELF-RALLY ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object with a partner to create a rally.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Striking

EQUIPMENT NEEDED

- 1 tennis ball per pair
- 1 tennis racquet per participant

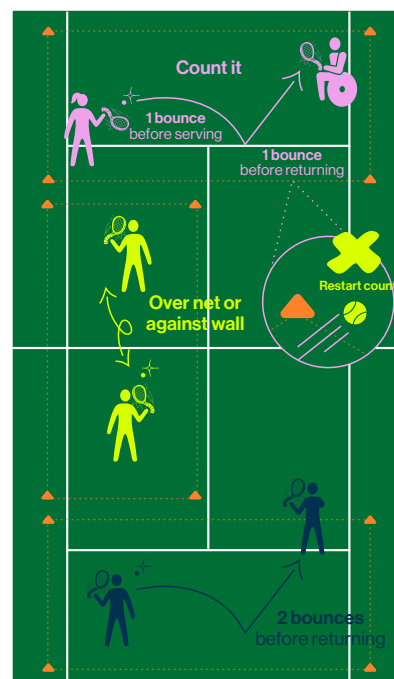
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide one tennis racquet per participant and one tennis ball per pair.
- 3 Pairs set up a playing area and position themselves within the playing area, facing each other.
- 4 One partner begins the rally by bouncing the ball on their side of the playing area and then strikes the ball with their tennis racquet to their partner's side of the playing area.
- 5 The partner allows the ball to bounce once and then returns the tennis ball.
- 6 Partners count how many times they can consecutively send and receive the tennis ball while keeping it within their playing area together.
- 7 When the ball goes out of bounds, the rally ends and participants play again, trying to match or exceed their previous score.
- 8 Invite participants to explore the different balls to send and receive.
- 9 Encourage participants to use their forehand and backhand.



VARIATIONS

- Invite participants to use their hands before introducing the tennis racquet (e.g., participants can throw and catch, then progress to striking the tennis ball with an open palm).
- Allow two bounces before receiving the ball.
- Play the game over a net or against a wall.

CHECK FOR UNDERSTANDING

- Describe what a successful rally looks like between you and your partner.
- Describe how you send the ball to your partner so that they successfully return it to you.
- How do you adjust the force applied to the ball to send it to various areas within the playing area?

TENNIS CONNECTION

In tennis, rallying is essential for developing consistency, timing, and control, as players work together to keep the ball in play and build the skills needed for game situations.



FIRST SET

SQUEEZE CHALLENGE

ACTION • I Can Rally

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object with a partner to create a rally.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Striking
- Running
- Wheeling

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- 1 tennis racquet per participant
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

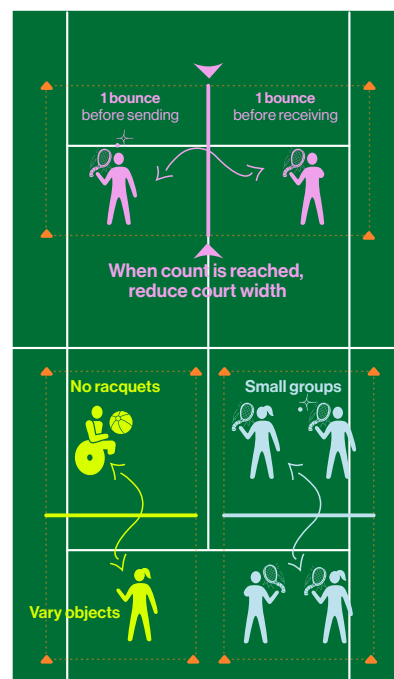
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide one tennis racquet per participant.
- 3 Each pair selects a ball to send and receive.
- 4 Each pair sets up a playing area with a net down the middle, so each participant has their own side.
- 5 Each pair determines how many times they can consecutively send and receive the ball while keeping it within their playing area (e.g., consecutively send and receive the ball up to five times)
- 6 One partner begins the rally by bouncing the ball on their side of the net and then striking the ball with their tennis racquet to send the ball over the net to their partner's side.
- 7 The partner allows the ball to bounce once on their side and then returns the ball.
- 8 Partners count how many times they can consecutively send and receive the ball to attempt to reach the determined number.
- 9 When the ball goes out of bounds, the rally ends, and participants play again, trying to reach their determined count.
- 10 When pairs reach the determined count, they will "squeeze" their size of the playing area by reducing the width of the court and determining a new count of how many times they can consecutively send and receive the ball.
- 11 Invite participants to explore the different balls to send and receive.



VARIATIONS

- Invite participants to begin by sending and receiving the ball using their hands before progressing to using a tennis racquet.
- Play in small groups (e.g., two participants on each side)

CHECK FOR UNDERSTANDING

- Describe where you send the ball to help your partner be successful at receiving it.
- When receiving the ball, what does your body look like, and where do you position yourself?
- How much effort do you have to use to successfully send the ball over the net as the playing area decreases in size?

TENNIS CONNECTION

In tennis, rallying in different court sizes helps players improve control, aim, and adaptability. It also helps develop key skills needed to keep the ball in play and challenge their opponent with precise placement.



FIRST SET

ACE THE TARGET ACTION • I Can Start a Point

OBJECTIVE

By the end of this activity, participants will be able to:

- Send the object to a target.



SUCCESS CRITERIA

Participants can:

- Accurately aim towards a target while manipulating the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers)
- 1 racquet per participant
- Various objects to send (e.g., tennis ball, beach ball, small or large foam ball, bean bag)
- Various objects as targets (e.g., hoops, buckets, baskets)

GROUP SIZE



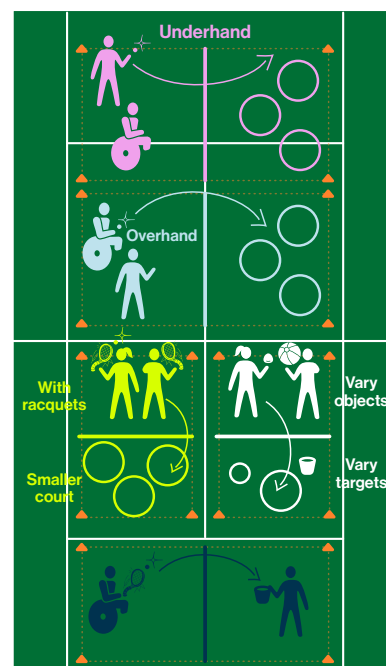
Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide each pair with cones or floor markers to create the playing area and the equipment to create a net.
- 3 Set up various targets on one side of the net.
- 4 Pairs position themselves on the other side of the net.
- 5 Participants take turns sending an object over the net and into a target.
- 6 Invite participants to explore different ways to send the object:
 - Underhand
 - Overhand
 - Using an implement (e.g., tennis racquet)

Base version

Variations



VARIATIONS

- Create smaller courts with targets and invite participants to practice sending their object over the net and into the different targets to practice aim and accuracy.
- Invite participants to explore by sending an object of their choice with their hand to the designated target (e.g., rubber chicken, foam balls)
- Replace the targets and have one participant on the other side of the net ready to receive the object. The receiving participant can practice positioning and receiving the object in different ways, while the server focuses on serving the object into open space. The receiver can:
 - ≠ Receive the object by catching it with two hands.
 - ≠ Hold a bucket to receive the object in it.
 - ≠ Send the object back to the server with one hit.

CHECK FOR UNDERSTANDING

- When serving the object, what factors do you need to consider?
- Describe how you send the object with aim and accuracy toward the target.
- How does the distance of the target from the net impact your decision about how you send the object?

TENNIS CONNECTION

In tennis, each point begins with a serve that must land in a specific area. This activity helps participants practice sending an object over a net with aim and accuracy to simulate starting a point.



FIRST SET

CATAPULT SERVE-OFF

ACTION • I Can Start a Point

OBJECTIVE

By the end of this activity, participants will be able to:

- Send an object to a target (e.g., explore manipulation skills leading to an overhand throw)



SUCCESS CRITERIA

Participants can:

- Accurately aim toward a target while manipulating the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching

EQUIPMENT NEEDED

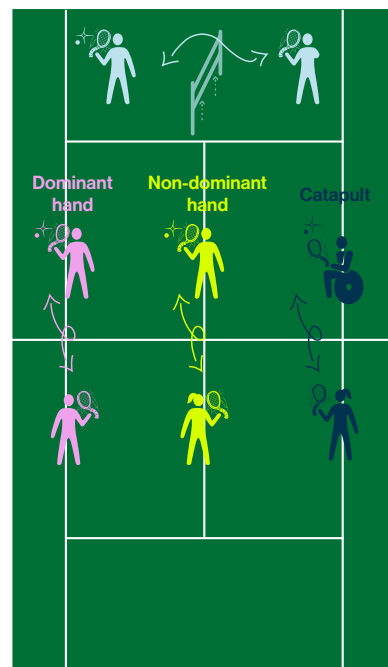
- 1 net or simulated net (e.g., portable net, chairs, skipping rope, cones, floor markers)
- 1 tennis ball per pair
- 1 tennis racquet per participant

GROUP SIZE



INSTRUCTIONS

- 1 Create a net dividing the playing area into equal halves.
- 2 Divide participants into pairs.
- 3 Provide each pair with a tennis ball.
- 4 Pairs set up on each side of the playing area, face-to-face.
- 5 Invite participants to choose from the following exploration activities that build manipulation skills that can lead to the skill of an overhand throw:
 - Sending the object with the dominant hand.
 - Sending the object with the non-dominant hand.
 - Raise or lower the height of the net and invite participants to send their object over the net.
 - Explore sending an object using a tennis racquet like a catapult.



VARIATIONS

- Invite participants to explore sending the tennis ball over the net in different ways (e.g., different implements, different body parts).
- Increase or decrease the distance between the net and the sending position.
- Have both participants on one side of the net, taking turns, and creating targets on the other side of the net to aim towards.
- Explore sending different objects over the net (e.g., bean bag, small foam ball, large ball)

CHECK FOR UNDERSTANDING

- When the height of the net increases, which way did you choose to send the tennis ball over the net and why?
- When the height of the net decreases, which way did you choose to send the tennis ball over the net and why?
- Describe how using an implement (e.g., a tennis racquet) changes how you send the tennis ball over the net.

TENNIS CONNECTION

In tennis, each point begins with a serve, and this activity allows participants to explore different ways of sending a ball over the net, just like a player experimenting with technique to develop an effective overhand serve.



FIRST SET

TOSS AND TARGET ACTION • I Can Start a Point

OBJECTIVE

By the end of this activity, participants will be able to:

- Send an object over a net into a designated area or target.



SUCCESS CRITERIA

Participants can:

- Control the force applied when sending an object to a designated area or target.
- Move the appropriate body parts to increase the chances of sending an object with aim and accuracy.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Striking

EQUIPMENT NEEDED

- Cones or floor markers to create one court per group
- 1 net or simulated net (e.g., portable net, chairs, skipping rope, cones, floor markers)
- 5-6 targets per group (e.g., hula hoops)
- 1 tennis racquet per group
- Various objects to send (e.g., tennis ball, beach ball, small or large foam ball, bean bag)

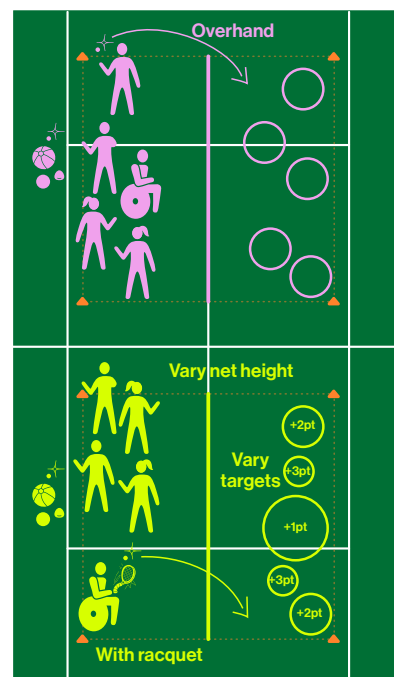
GROUP SIZE



Small Groups

INSTRUCTIONS

- Divide participants into small groups (e.g., 5-6 participants).
- Groups set up a playing area with a net down the middle and place 5-6 targets spread apart on one side of the net.
- Participants spread themselves along the baseline of the other side of the court.
- Participants take turns sending their object over the net and into a target using an overhand throw.
- Facilitator prompts for participants:
 - Look at the target.
 - Place the opposite foot to the throwing hand forward and transfer weight onto the front foot.
 - Point your throwing hand toward the target and follow through.
- Invite participants to explore sending their object over the net and into a target while using an implement, e.g., a tennis racquet. Facilitator prompts for participants:
 - Look at the target
 - Place the opposite foot to the hand holding the racquet forward, and transfer weight onto the front foot.
 - Point the racquet toward the target and follow through.



Base version

Variations

VARIATIONS

- Increase or decrease the height of the net to make it easier or more challenging.
- Provide the option for participants to send the object from different areas of the playing area.
- Create targets of different sizes and assign points to them.

CHECK FOR UNDERSTANDING

- What factors do you need to consider when sending a ball to a designated target?
- Describe the phases of movement you are using when sending the ball towards a target.
- Which ball do you prefer sending? Describe why.

TENNIS CONNECTION

In tennis, each point begins with a serve, and this activity helps players develop the aim, control, and technique needed to send the ball to a challenging location on the opponent's side.



FIRST SET

VOLLEY GOALKEEPER CHALLENGE

ACTION • I Can Play Net

OBJECTIVE

By the end of this activity, participants will be able to:

- Send the object into open space.
- Receive the object in different ways.



SUCCESS CRITERIA

Participants can:

- Control the aim and force used to send the object in relation to their partner.
- Anticipate where the object will go to defend their space.



FUNDAMENTAL MOVEMENT SKILLS

- Striking
- Sending

EQUIPMENT NEEDED

- 10 cones or floor markers per pair
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

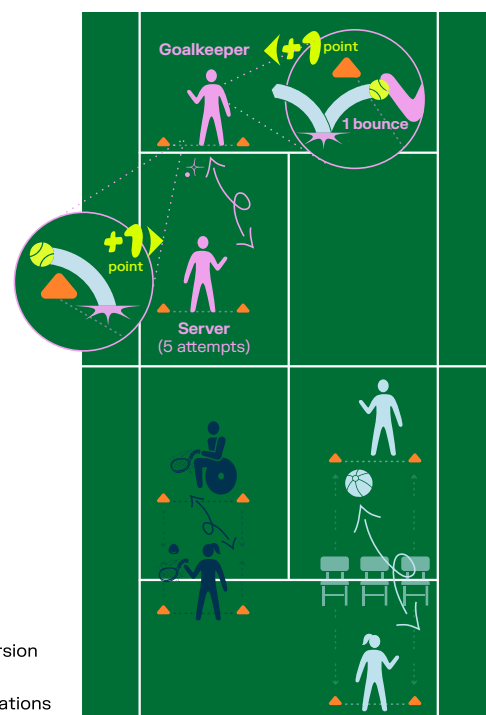
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Pairs set up a playing area using cones or floor markers.
- 2 Pairs choose an object to send.
- 3 One participant positions themselves at one end of the playing area within their marked box area, as the goalkeeper. The other participant positions themselves on the opposite side of the playing area within their boxed area, as the server.
- 4 On the signal to begin, the server sends the object attempting to place the object into the opponent's box, in open space. The goalkeeper protects their box by attempting to receive it before the object drops on the floor.
- 5 The server has 5 attempts to send an object before pairs switch roles.
- 6 The server scores a point if the object passes the goalkeeper, between the cones, and below their head-level.
- 7 The server scores a point if the object passes the goalkeeper, between the cones, and below their head-level.
- 8 Invite the participant who is the server to explore different ways to send the object:
 - Underhand
 - Overhand
 - Using an implement (e.g., tennis racquet)



VARIATIONS

- Divide the playing area by creating a net that is elevated (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Increase or decrease the size of the playing area so that the distance between the server and the net is longer or shorter.

CHECK FOR UNDERSTANDING

- What factors do you need to consider when serving the object into the opponent's box?
- What factors do you need to consider as a goalkeeper protecting your box?
- Describe which object you prefer sending and/or receiving.

TENNIS CONNECTION

In the game of tennis, the term 'volley' is used when a player can move towards the net to attempt to send the object into the opponent's side before the tennis ball bounces on their own side. The offensive player attempts to send the tennis ball past the opponent at the net and into their opponent's open space, while the opponent is on defence, attempting to anticipate where the tennis ball will go.



FIRST SET

VOLLEY SELF-RALLY CHALLENGE

ACTION • I Can Play Net

OBJECTIVE

By the end of this activity, participants will be able to:

- Control sending, receiving, and tracking an object while stationary and moving with an implement.



SUCCESS CRITERIA

Participants can:

- Apply controlled force to send and receive an object to themselves.
- Adjust the positioning of their body in relation to sending and receiving an object to themselves.



FUNDAMENTAL MOVEMENT SKILLS

- Striking
- Sending

EQUIPMENT NEEDED

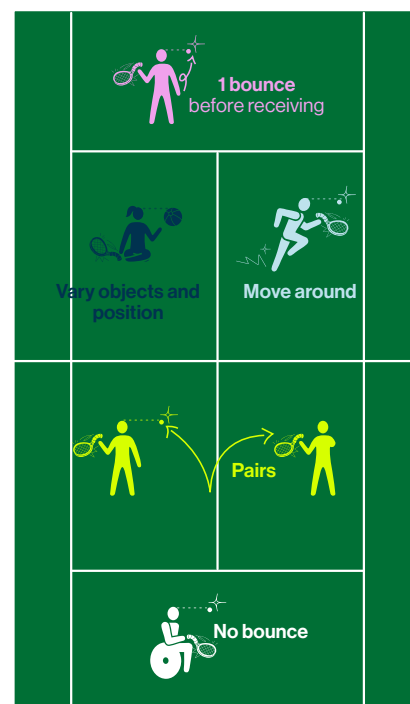
- 10 cones or floor markers per pair
- Various objects (e.g., bean bag, tennis ball, beach ball, small or large foam ball)

GROUP SIZE



INSTRUCTIONS

- Provide one tennis ball and one tennis racquet per participant:
 - Participants begin by holding the tennis ball in one hand and the tennis racquet in the other.
 - While stationary, invite participants to practice sending the tennis ball upward to the height of their head and allow the ball to bounce once before receiving it on the strings of the tennis racquet.
- Invite participants to try any of the following exploration activities:
 - Sending and receiving the tennis ball while moving around the playing area. Sending and receiving the tennis ball with no bounce while stationary or while moving around the playing area.
 - Sending and receiving the tennis ball while seated or kneeling.
 - Place participants into pairs and invite them to explore by sending and receiving the ball together.



VARIATIONS

- Divide the playing area by creating a net that is elevated (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Increase or decrease the size of the playing area so that the distance between the server and the net is longer or shorter.

CHECK FOR UNDERSTANDING

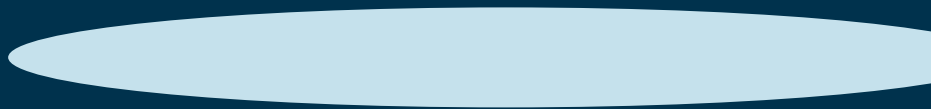
- What factors do you need to consider when serving the object into the opponent's box?
- What factors do you need to consider as a goalkeeper protecting your box?
- Describe which object you prefer sending and/or receiving.

TENNIS CONNECTION

In the game of tennis, the term 'volley' is used when a player can move towards the net to attempt to send the object into the opponent's side before the tennis ball bounces on their own side. The offensive player attempts to send the tennis ball past the opponent at the net and into their opponent's open space, while the opponent is on defence, attempting to anticipate where the tennis ball will go.



CONSOLIDATION



FIRST SET

APPROACH SINGLES (VOLLEYS)

CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object with a partner to score a point (offence).
- Send and receive an object with a partner while defending a playing area (defence).



SUCCESS CRITERIA

Participants can:

- Control how they send and receive the object in relation to their partner and the object while moving.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Running
- Wheeling
- Sending

EQUIPMENT NEEDED

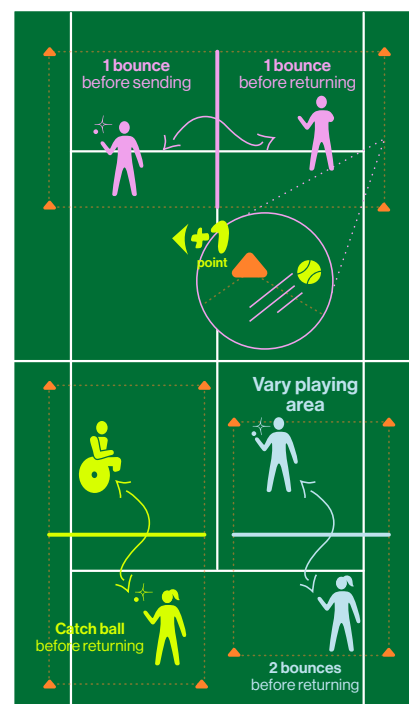
- Cones or floor markers to create the playing area
- 1 net or simulated net (e.g., portable net, chairs, skipping rope, cones, floor markers)
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Each pair sets up a playing area with a net down the middle, so each participant has their own side.
- 3 Each pair selects a ball to send and receive.
- 4 One partner begins the rally by bouncing the ball on their side of the net and then strikes the ball with an open palm or tennis racquet over the net to their partner's side.
- 5 The partner allows the ball to bounce once on their side and then returns the ball using an open palm or tennis racquet.
- 6 A point is scored when the ball goes out of bounds or cannot be returned to the other side.
- 7 Points are doubled if the ball is struck before it bounces, lands on the opponent's side of the net, and cannot be returned.
- 8 Invite participants to explore the different balls to send and receive.



VARIATIONS

- Invite participants to catch the ball after one bounce before sending it back over the net.
- Increase or decrease the playing area to make it easier or more challenging.
- Allow the ball to bounce twice before receiving it.

CHECK FOR UNDERSTANDING

- How do you decide where to send the ball to make it challenging for your opponent to receive it?
- Describe the advantages of positioning your body back to the middle of your side of the court after sending the ball.
- Describe the difference in the amount of time your opponent has to set up to return the shot when you send the ball to their side before it bounces?

TENNIS CONNECTION

In tennis, players use volleys and strategic positioning to attack or defend during a point. This activity helps develop the skills needed to move effectively, control the ball, and take away time from the opponent by striking the ball early at the net.



FIRST SET

FLOOR TENNIS CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in relation to the object and the opponent.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Receiving
- Wheeling
- Running

EQUIPMENT NEEDED

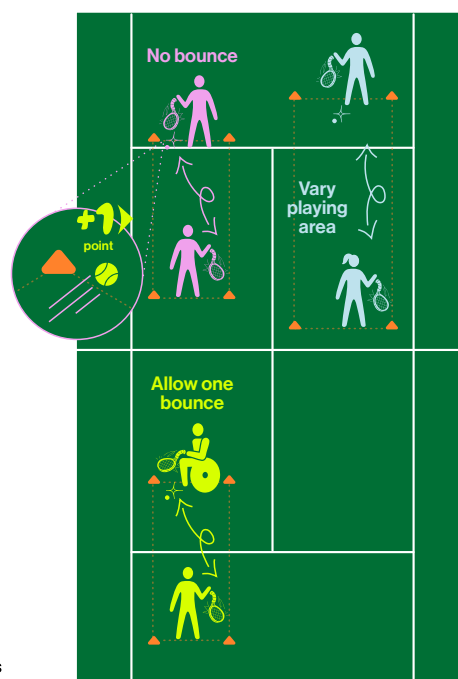
- 1 ball per pair (e.g., tennis ball, foam ball)
- Cones or floor markers to create the playing area

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Each pair sets up a playing area.
- 3 Participants position themselves on each side of the playing area, face-to-face.
- 4 Each pair selects a ball to send and receive.
- 5 One partner begins by striking the ball with a tennis racquet to roll it towards their partner's side.
- 6 The partner then returns the ball using a tennis racquet.
- 7 A point is scored when the ball begins to bounce, goes out of bounds, or cannot be returned to the other side.
- 8 Invite participants to explore the different balls to send and receive.



VARIATIONS

- Increase or decrease the size of the playing area to make it easier or more challenging.
- Explore playing the activity while using an implement (e.g., a tennis racquet).
- Explore sending and receiving the ball in different ways (e.g., allow one bounce, play against a wall).

CHECK FOR UNDERSTANDING

- Describe the difference between playing this game as a rally and playing this game to score a point. Which do you prefer and why?
- How do you adjust the force applied to the ball to send it to various areas of the playing area?
- How do you decide where to send the ball, knowing where your opponent is positioned?

TENNIS CONNECTION

In tennis, players rally to maintain the point and then apply strategy and control to place the ball where their opponent cannot return it, just like in this activity, where aim, positioning, and decision-making lead to scoring.



FIRST SET

RACQUET TOSS TENNIS

CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object while using an implement (e.g. tennis racquet).



SUCCESS CRITERIA

Participants can:

- Control how they send and receive the object in relation to their partner and the object, while moving in a designated playing area.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Wheeling
- Running

EQUIPMENT NEEDED

- Cones or floor markers to create the playing area
- 1 tennis racquet per participant
- 1 tennis ball per pair (e.g., foam or low-bounce ball)

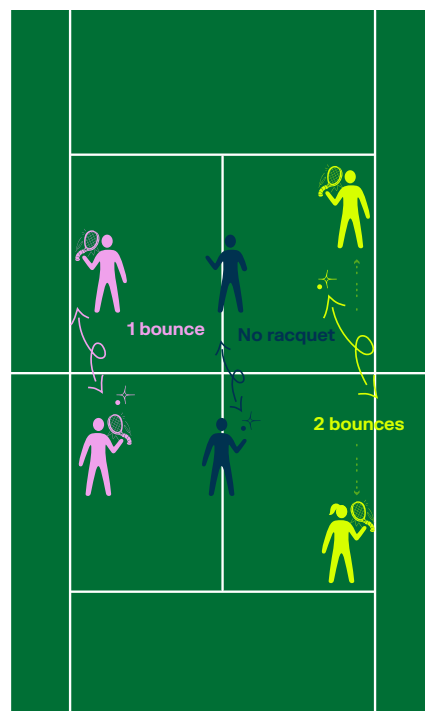
GROUP SIZE



Pairs

INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Pairs set up a playing area with a net down the middle, so each participant has their own side.
- 3 Each pair selects a ball to send and receive.
- 4 On the signal to begin, one participant sends the ball over the net and into their opponent's side.
- 5 The participant receiving the ball allows the ball to bounce once before returning it. When receiving the ball, the participant is encouraged to catch it on their tennis racquet strings with their opposite hand.
- 6 The participant receiving the ball allows the ball to bounce once before returning it. When receiving the ball, the participant is encouraged to catch it on their tennis racquet strings with their opposite hand.
- 7 A point is scored when the opponent cannot return the ball after one bounce, or when the ball goes out of bounds.



VARIATIONS

- Invite participants to play with no tennis racquet and focus on using their hands to send and receive the ball.
- Increase or decrease the size of the playing area to make it easier or more challenging.
- Allow 2 bounces before receiving the ball.

CHECK FOR UNDERSTANDING

- How do you decide on the amount of force to use when sending the ball over the net so that you are successful at scoring a point?
- What factors do you need to consider when sending the ball?
- What factors do you need to consider when receiving the ball?
- Describe how you position yourself in the playing area when defending space.

TENNIS CONNECTION

In the game of tennis, rallying is an important part of keeping the ball alive. When a player can intentionally send the tennis ball into different areas of their opponent's side of the court, they are more likely to create space, as the objective is to send the tennis ball into an open space and win a point.



FIRST SET

TAP TENNIS

CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in relation to the object and the opponent.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Striking
- Running
- Wheeling

EQUIPMENT NEEDED

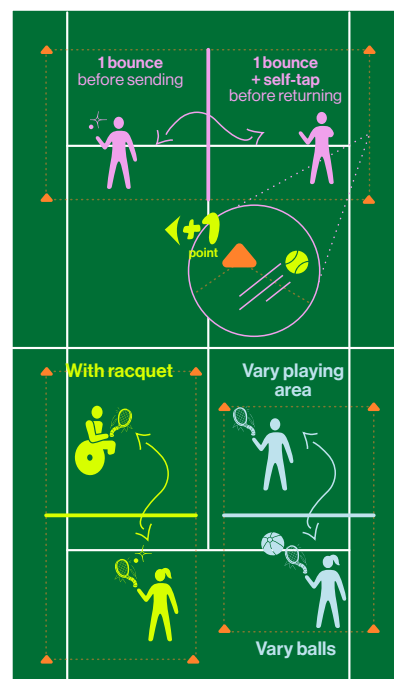
- Cones or floor markers to create the playing area
- 1 net or simulated net per game (e.g., portable net, chairs, skipping rope, cones, floor markers) per pair
- 1 tennis racquet per participant (optional)
- Various balls (e.g., tennis ball, beach ball, small or large foam ball)

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Each pair sets up a playing area with a net down the middle, so each participant has their own side.
- 3 Each pair selects a ball to send and receive.
- 4 Pairs can choose to send their ball by striking with their hand or with a tennis racquet.
- 5 One partner begins the rally by bouncing the ball on their side of the net and then strikes it with their hand or a tennis racquet over the net to their partner's side.
- 6 When receiving the ball, the opponent will let the ball bounce once and control the ball by tapping it upward to themselves first (self-tap) before sending the ball back over the net.
- 7 A participant scores a point if their opponent is unable to return the ball before the second bounce and self-tap, or if the ball goes out of bounds.



VARIATIONS

- Increase or decrease the size of the playing area to make it easier or more challenging.
- Invite participants to send and receive the ball with their hands before using a tennis racquet.
- Invite participants to play with a pair on each side of the net. Participants in the same group alternate hits.

CHECK FOR UNDERSTANDING

- Describe how you decide where to send the ball to make it challenging for your opponent to return it to you.
- Describe how you position your body to make it challenging for your opponent to score a point.
- How do the skills of aim and accuracy contribute to this activity?

TENNIS CONNECTION

In tennis, keeping the racquet ready to tap the ball in the air helps players react quickly and maintain control during fast exchanges at the net. This activity builds those reflexes and reinforces the importance of staying prepared for the next shot.



FIRST SET

THROW TENNIS CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in relation to the object and the opponent.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Catching
- Running
- Wheeling

EQUIPMENT NEEDED

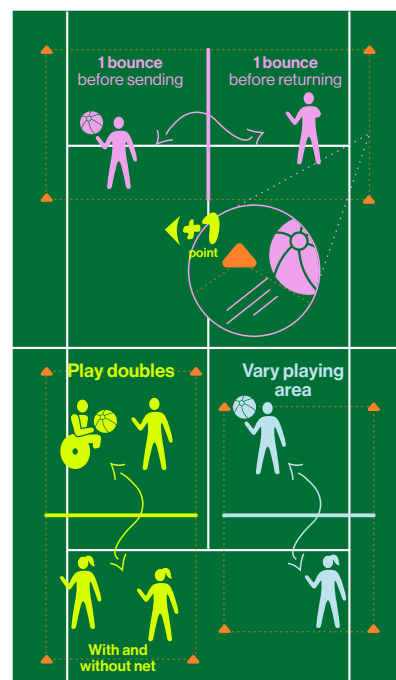
- 1 ball per pair (e.g., foam or beach ball)
- Cones or markers to set up the playing area

GROUP SIZE



INSTRUCTIONS

- 1 Divide participants into pairs.
- 2 Provide each pair with the equipment to set up the playing area.
- 3 Each pair selects a ball to send and receive.
- 4 Determine one participant to be the Server and one participant to be the Returner.
- 5 The Server begins with the ball and sends it over the net by throwing the ball to the Returner's side of the playing area.
- 6 The Returner allows the ball to bounce once on their side of the playing area, catches the ball, and then returns the ball over the net by throwing it to the Server's side.
- 7 If the ball goes out of bounds or bounces more than once, the participant gains a point.



VARIATIONS

- Increase or decrease the length or width of the playing area to provide an opportunity for participants to adjust how they send and receive the ball.
- Play doubles, where pairs work together to send and receive the ball over the net.
- Remove the net and work as a pair to keep a rally going.

CHECK FOR UNDERSTANDING

- Describe how you decide on the amount of force to use when sending the ball to your opponent's side of the playing area so that you are successful at scoring a point.
- What strategy can you apply to successfully defend your side of the playing area?
- What are some factors that you need to consider when sending the ball over the net?
- What are some factors that you need to consider when receiving the ball from your opponent?

TENNIS CONNECTION

In tennis, players aim to send the ball over the net with control and strategy to outmaneuver their opponent, just like in this activity, where throwing, catching, and positioning are used to win points.



FIRST SET

UPS AND DOWNS CONSOLIDATION • Point Play

OBJECTIVE

By the end of this activity, participants will be able to:

- Send and receive an object in relation to the object and the opponent.



SUCCESS CRITERIA

Participants can:

- Control the amount of force used to send and receive the object in relation to their partner.
- Move and position their body in relation to their partner while sending and receiving the object.



FUNDAMENTAL MOVEMENT SKILLS

- Sending
- Striking
- Catching

EQUIPMENT NEEDED

- 1 racquet per participant
- 1 tennis ball per participant

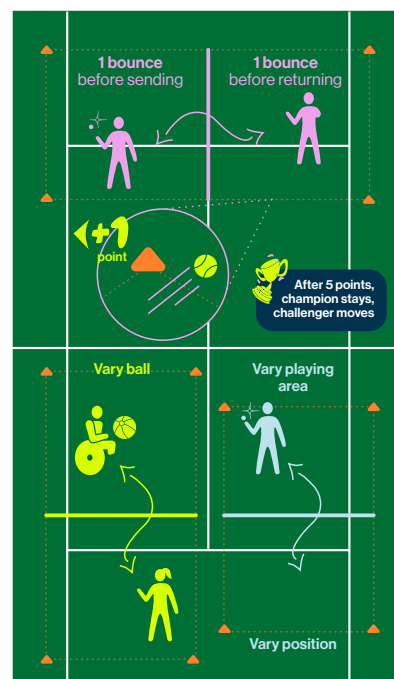
GROUP SIZE



Whole Group

INSTRUCTIONS

- 1 Provide one tennis ball and one tennis racquet per participant.
- 2 Participants begin by holding the tennis ball in one hand and the tennis racquet in the other.
- 3 While stationary, invite participants to practice sending the tennis ball upward to the height of their head and allow the ball to bounce once before receiving it on the strings of the tennis racquet.
- 4 Invite participants to try any of the following exploration activities:
 - Sending and receiving the tennis ball while moving around the playing area. Sending and receiving the tennis ball with no bounce while stationary or while moving around the playing area.
 - Sending and receiving the tennis ball while seated or kneeling.
 - Place participants into pairs and invite them to explore by sending and receiving the ball together.



VARIATIONS

- Send and receive the ball using hands.
- In small groups, explore different ways to send and receive the tennis ball.
- Explore sending and receiving different objects (e.g., bean bag, large foam ball)

CHECK FOR UNDERSTANDING

- Describe how you send the tennis ball to increase your chances of receiving it.
- Describe how you adjust the force you apply to the tennis ball to send and receive it successfully.
- Describe what you must be aware of around you when participating in this activity.

TENNIS CONNECTION

In tennis, volleys are hit before the ball bounces, and this activity helps players build control, timing, and positioning skills essential for successful net play.





Created and produced by the Creative Studio of Tennis Canada.

Illustrated diagrams created by Brynn Staples Design.