



SPORTS ACTIVITY BOOK

Volume 001

Sports Theme: Tennis

Date: Wednesday 1st April 2019

Next Volume date: 8th April 2019

Activity schedule:

Educational section:

- 1) Tennis word puzzle – How many answers can you find?
- 2) Art attack – can you fill in the pictures based on the colour / number scheme.
- 3) Maths time – can you help coach Ross count his equipment correctly.

Activity section:

- 4) Exercises – practise these to keep your tennis fitness up to speed.
- 5) Skills challenge – can you beat coach Ross.
- 6) The Coaches cookbook – What can you make using these simple ingredients.

Wellbeing Section:

- 7) Reflection – what have you done to be proud of this week...
 - 8) How are you helping other people to feel good in this tough time.
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This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

Educational section:

Activity 1 – Word search

Task: Find as many of the hidden tennis words (below) as possible in under 5 minutes.

B S M T B A L L N X V F W W U
A J E C E G R I Z O X E E D B
C B X N R N P S L Y V L R E B
K L E R I S N L T R U O C N E
H L H K P L E I K L P I U B J
A I H O K Y G X S S L E R U R
N H T C L F W N H S P V D U H
D T Q R A P O O I Y F R I M Z
D R X S T G T R K H Q E Y P J
O O F R A C Q U E T C S J I Y
N F N B Y H C Z T H O A L R S
N R E T U U D X G R A X O E X
K R O W T O O F Y D J N E C J
H V F H S D T M Z D O T D K L
F I C G J L F Q A D M C F I Y

BACKHAND
COURT
FOREHAND
RACQUET
TENNIS
VOLLEY

BALL
DROPSHOT
FORTHILL
SERVE
TOPSPIN

COACHING
FOOTWORK
LINES
SLICE
UMPIRE

Activity 2 - Art Attack

Task: Colour in the picture using the number key to work out which areas of the picture are what colours!

1 = RED

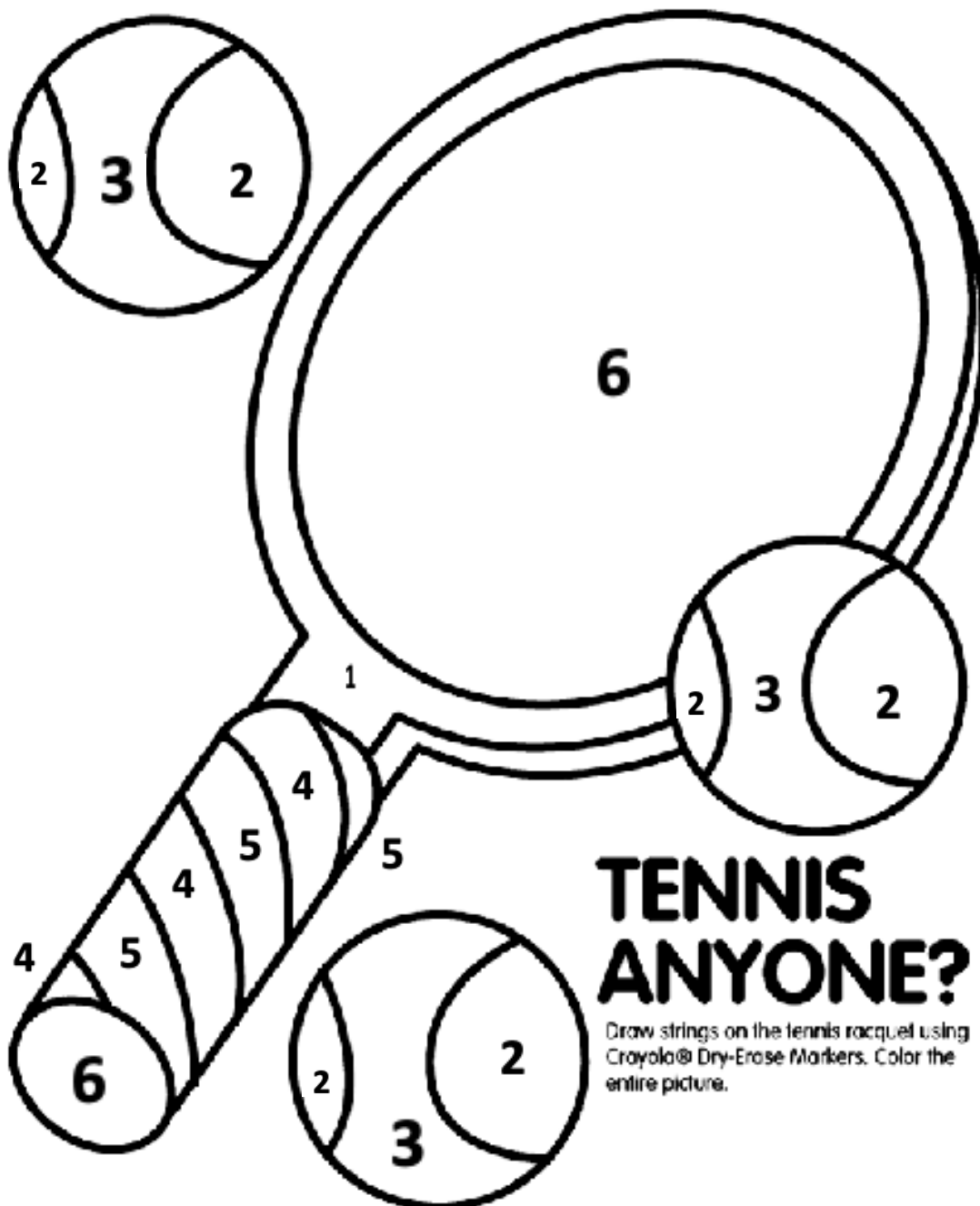
2 = YELLOW

3 = BLUE

4 = PINK

5 = GREEN

6 = PURPLE



Activity 3 – Maths Time

Task: Solve the number challenges below to help coach Ross know how many tennis balls he has in his coaching cupboard.



The red ball “reductions”

- 1.1 – Coach Ross has 72 Red balls in his coaching basket for lessons at Dawson park. Due to bad weather, he gives 17 balls away to players to practise at home with. How many balls does he have left?
- 1.2 – Of the 17 balls handed to players, only 13 return to Ross’ coaching basket. How many does he have left?
- 1.3 – Once the 13 balls have been returned, Ross cleans ALL the red balls he has left to make them shiny for tennis class but has been silly and misplaced 9. How many shiny tennis balls does Ross have left in his basket for tennis class?

Answer 1.1

Answer 1.2

Answer 1.3

The ace “additions”

- 2.1 – Coach Ross want to help his players become “ace” at serving and will put coloured cones as targets for his players on the court. He has 3 blue, 7 red, 6 green, 5 yellow and 10 white cones. How many cones are there in total?
- 2.2 – At the 4pm tennis class, there will be 6 players who take part. Each player has brought 1 racquet and 3 balls. Coach Ross has 1 racquet, 23 balls and 19 cones in his basket. How many racquets, balls and cones will there be at the lesson in total?
- 2.3 – At the end of the class, players get to try and ace coach Ross to win some points. Each attempt is worth 25 points, and players have 4 attempts. How many points could they win if they hit aces with 50% of their attempts?

Answer 2.1

Answer 2.2

Answer 2.3

Activity section:

Activity 4 – Family Fitness Fun (Linked to YouTube)

YouTube link: <https://www.youtube.com/watch?v=kHE1b60pQ14>

Tennis Tasks:

- 1) **Toe tap challenge** - Compete as a family to see who can do the most tennis toe taps in 60 seconds. Video guide
- 2) **Floor tennis** – Using racquets, hands, frying pans or anything else you can find, roll a ball against a wall or with a partner. How many times can you make the ball reach the other team's line? Or how many passes can you achieve in a minute?

Activity 5 – Skills challenge

Challenge: Tap up tennis

Task – Can you beat Coach Ross' score? To take part, put 30 seconds on the timer and see how many tap ups you can complete (without dropping the ball) before the time runs out!

Coach Ross' score: 72 (honest!)

If you're having fun getting involved in these fun challenges, email them to rostaylor@staylor.com so we can share them on social media for everyone to see!

Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

Recipe: Fruit yoghurt bowl

Ingredients: 1 Apple, 1 Banana, 3 strawberries + 4 spoonful's of Yoghurt.

Method: Chop (Carefully!) your fruit items into a bowl, pour yoghurt over, and enjoy!

Wellbeing section

Activity 7 – Reflective practise

Task: Just like Andy Murray, it's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Activity 8 – Your good turn for the week

Task: In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom Clearing the dishes Cooking a meal
Exercising once a day Hoovering the floors

You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the tennis fun, and feel free to pass on to friends and family!