

TENNIS: CONTINUOUS VOLLEY

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to get as many continuous volleys as possible in 2 minutes

HOW TO PLAY:

1. Make sure you have plenty of space around you
2. Hit the ball as many times in the air as possible with a volley without letting the ball fall to the ground

EQUIPMENT

- If you do not have a racket you can use your hands, frying pan or baking tray
- Use a larger soft ball or smaller ball
- Use a pair of rolled up socks
- Timer e.g. stop watch, phone, clock

ADAPTATIONS FOR AGE / ABILITY

- Use a larger soft ball or smaller ball
- Let the ball bounce between each hit
- Use your hands instead of a racket
- Use a balloon instead of a ball

PLAY THE VIDEO

Watch how the game is played [here!](#)

SAFETY

Ensure playing area is safe and clear

If someone is helping you, make sure they are clear of the area before you start the game



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SCORING

Your score is the total amount of times you can hit the ball in the air without dropping it in 2 minutes

TIPS

- If you are trying the option with a bounce, try and get your feet and racket behind the ball
- Try not to hit the ball too high, use small taps to control the ball

BONUS POINTS:

Bonus points can be achieved by tagging us on Facebook @CornwallSchoolGames with any of the following:

- 1 point for a photo of you completing challenge
- 1 point for every family member and year group teacher who tries the challenge in the photo
- 1 point for completing it in fancy dress
- 1 point for posting a video telling us how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Don't forget to include your name, school & year group in your posts so we know who you are!



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