



Up & Away Hand Tennis



be fit for life
moving alberta

Equipment

- Open activity space
- Balloons
- Balls
- Skipping ropes or pylons

Activity Description

- Use pylons or skipping ropes to indicate the boundaries for play.
- In groups of 4 or 6 (2 against 2 or 3 against 3), starting with the goal of keeping it up, have participants pass the ball from team to team using an under/overhand strike or a forearm pass. Start using a balloon or large light ball and then progress to smaller, heavier balls.
- Once the participants are comfortable keeping the ball in the air with their passes, introduce a bounce pass by letting the ball bounce before striking it back towards the other team.



Skills Explored

Striking, balancing

Tips...

- Be in ready position with bent knees and standing on the balls of your feet
- Prepare to move
- Move your body to meet the ball
- Set a target and face your target
- Be aware of the boundaries
- Move confidently

Safety

- Pay attention to teammates and the ball
- Warm up before the activity

Remember...

Water accounts for about 60 per cent of your body weight and it is important to keep your body hydrated. If you have trouble getting in your daily recommended water intake of 8 8-ounce glasses every day, try adding some citrus — a slice or 2 of lemon or lime or a squeeze of orange can help make drinking enough water more enjoyable and palatable.

Variations...

- Bigger or smaller boundaries
- Different objects to manipulate (different balls)
- Try using a badminton or tennis racquet to hit the ball
- This activity assists in learning the skills necessary for volleyball, tennis and badminton

