

## **Welcome to The Tennis Academy Lockdown Challenge!**

Start Date - Monday 27th April – Friday 8<sup>th</sup> May

Categories –

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Parents / Guardians Teachers

To enter please email [tennisacademybookings@gmail.com](mailto:tennisacademybookings@gmail.com)

With the following information :

Participants initials

Year Group or Adult

School

Category - With Racket / non Racket or if you want to enter both then not a problem!

### **Rules -**

All challenges to be completed. Challenge Duration is 2 minutes. You can try this as many times throughout the 2 weeks. If you have a racket and would like to do the non racket option as well then please do! Parents / Guardians are encouraged to submit results as often as possible to see how you are doing against others - leader board will be updated daily.

Prizes will be given to for each age group and each category within that age group. Gold / Silver / Bronze

Individual points will be added together to create a school leader board.

### **Prizes (within each age group and category)**

Gold - FREE Place on one of our Summer Camps (up to the value of £95) +FREE Tennis Academy Membership

Silver - 50% off one of our camps (up to the value of £95) + FREE Tennis Academy Membership

Bronze - 25 % off one of our Summer Camps (up to the value of £95) + FREE Tennis Academy Membership

One prize per player.

For all Schools that take part we are offering a FREE taster session when its is safe to do so.

Videos will be uploaded to [www.tennisacademy.org.uk](http://www.tennisacademy.org.uk) and there will be a password protected page for the leader board plus a scorecard that can be used to submit results. (this will be emailed out to entrants)

Feel free to tag on social media @thetennisacademysevenoaks

Within each age group there are 2 sections – with or without racket – you can do both if you would like to.

All challenges are to be done within 2 minutes – over the week you can do the skill as many times as you would like – submit your score each day and see where you are in the leader-board.

**Challenge 1 – Bounce and catch** – throw the ball at least head height – one bounce – one catch.

**Challenge 2 – Throw clap catch** – throw the ball at least head height – two or more claps and then catch (no bounce!)

**Challenge 3 – Bounce on the floor** – using your hands bounce the ball onto the floor as many times as possible in 2 minutes – BONUS 10 POINTS if you go between right and left hands!

**Challenge 4 – Wall Bounce and catch** - throw the ball at the wall – let it bounce back and catch with both hands – BONUS 10 points if you catch with 1 hand

**Challenge 5 – Bounce and Hand** – use your hand like a tennis racket to hit back and forth against the wall.

#### **Racket Option –**

**Challenge 1 – Racket Bounces** - how many ball bounces can you do on your racket?

**Challenge 2 – Racket Turnovers** - how many ball bounces can you do turning the racket over?

**Challenge 3 – Hit against the floor** – how many hits can you do with control against the floor

**Challenge 4 – Hit and bounce against the wall** – big step away from the wall and control the ball how many bounce and hit can you do?

**Challenge 5 – Backhand Hit & Bounce** – feed the ball yourself against the wall and do a two handed back hand.

#### **Points System –**

Up to 5 – 5 points

6-10 – 10 points

11-15 – 15 points

16-20 – 20 points

21-25 – 25 points

26- 30 – 30 points

31- 40 – 40 points

41- 50 – 50 points

50+ - 60 points