



# GAME, SET, EMPOWER TOOLKIT



In partnership with  
The Change Foundation

# ABOUT LTA SERVES - GAME, SET, EMPOWER TOOLKIT

Welcome to LTA SERVES - Game, Set, Empower! Our engaging and empowering toolkit that harnesses the power of tennis to make a positive impact on individuals - by focusing on specific themes of Self-Confidence, Health and Well-being, and Communities Together, this toolkit will support individual development for groups and communities.

In underserved communities, individuals often face challenges such as higher levels of crime, poorer health and well-being, lower educational attainment, limited access to skills and training, and higher levels

of unemployment. Our Game, Set, Empower Toolkit aims to address these issues by integrating tennis and principles of youth work. By supporting individuals, we help them explore their ideas and thoughts, engage in reflective practice, and acquire practical or technical skills and competencies to unlock their full potential both on and off the tennis court.

Join us in exploring these engaging themes that resonate with individuals and communities alike.

Please note that this content is suitable for all ages.

## GAME, SET, EMPOWER – TOOLKIT THEMES:

THEME	WHAT THIS THEME IS ABOUT
<b>SELF-CONFIDENCE</b>	<p><b>Unleash Your Inner Strength:</b></p> <p>The self-confidence theme is all about empowering individuals to identify and evaluate their personal strengths. By setting personal goals and challenges, participants can achieve more while developing the necessary skills to build their self-confidence. This theme is designed to inspire and motivate individuals to believe in themselves and reach their full potential.</p>
<b>HEALTH &amp; WELL-BEING</b>	<p><b>Thrive in Body and Mind:</b></p> <p>In the Health &amp; Well-being theme, we encourage participants to develop a positive attitude towards regular exercise, a balanced healthy diet, and a growth mindset. Individuals will gain the knowledge and understanding needed to actively manage and live a healthier lifestyle. This theme aims to inspire individuals to prioritise their well-being and embrace a holistic approach to health.</p>
<b>COMMUNITIES TOGETHER</b>	<p><b>Embrace Diversity, Foster Unity:</b></p> <p>The Communities Together theme focuses on creating awareness and understanding of diversity and issues within communities. It encourages individuals to embrace and celebrate differences, recognising that diversity is a positive aspect of our society. Through games exploring faith, ethnicity, generational differences, gender, discrimination, inclusion, stereotypes, and giving back to the community, this theme promotes connection and unity.</p>

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# WHAT GAME, SET, EMPOWER TOOLKIT WILL SUPPORT YOU WITH

Game, Set, Empower provides you with the opportunity to develop a range of skills, games, and knowledge to support participants attending your LTA SERVES tennis sessions. You will be guided and equipped with the confidence to deliver games within each of the three themes.

## YOU WILL:

- **Learn how to deliver fun, creative and engaging tennis sessions** using 'Game cards' related to the themes of **Self-Confidence, Health and Well-Being** and **Communities Together**.
- **Deliver key messages,** ask questions and encourage discussions to support individual development.
- **To deliver and embed On-Court Tools** at your sessions to understand and measure the impact and see change over time, and encourage further self-reflection and discussion.



## GAME

We use the game of tennis to engage with individuals

# HOW TO USE YOUR GAME, SET, EMPOWER TOOLKIT

## EMPOWER

Leaders empower individuals to demonstrate match winning changes in themselves and their peers

## SET

We set Leaders the challenge to support individuals to discover and develop new skills and perspectives

# HOW TO USE YOUR GAME CARDS

For each theme you will have a set of 'Game Cards' that you can reference while delivering your sessions - you can scan the QR code which can be found under the 'Games' section for each theme.


● COMMUNITIES TOGETHER

## TENNIS TOLERANCE


**Learning Outcome:**  
To improve participants' understanding of tolerance

**Key Words:**  
Acceptance & Tolerance


**Equipment:**




Balls



Rackets



Tennis Nets



Distraction Equipment

**LTA SERVES**  
GAME, SET, EMPOWER TOOLKIT

**Name of Game**

**Learning Outcome:**

The overall difference the game will make

**Key Words:**

They help you to revisit the key messages of the game and should be repeated throughout

**Equipment:**

The resources needed to deliver the game

**Game:**

Set up as many mini tennis courts as the space allows and ask the group to get into pairs. Each pair then plays a knock out tournament (first to 10 points). During each game one person from the group is allowed to use the distraction equipment to interfere with one point played.

**Key Questions & Discussions:**

Ask the group to discuss how the distraction made them feel.

**Link this to formal questions about:**

- How did they feel about the distractor's behaviour?
- How did they feel about their own reactions?
- How can we build our ability to be tolerant of one another's differences?

**Game:**

How to deliver the game and activities

**Key Questions & Discussions:**

These provide guidance and support to help you deliver key messages and have discussions in a relaxed informal way



**TOP TIP!**

A progression, adaptation or innovative idea linked to the main activity to provide with an additional option.

**TOP TIP:**

Be creative with your distraction equipment to really test the group!

# SELF-CONFIDENCE: UNLEASH YOUR INNER STRENGTH

The Self-Confidence theme has 11 games, and is all about empowering individuals to identify and evaluate their personal strengths.

By setting personal goals and challenges, participants can achieve more while developing the necessary skills to build their self-confidence. This theme is designed to inspire and motivate individuals to believe in themselves and reach their full potential.

GAME	LEARNING OUTCOME
ACT OUT YOUR PASSION	To improve participants' ability to articulate their strengths
3 TEE TENNIS	To empower participants to make decisions based on good values
ELIMINATOR CHALLENGE	To increase participants' ability to contribute to a team goal
TARGETS	To improve participants' ability to focus on their goals
CROSS THE COURT	To increase participants' ability to think cooperatively by creating a strategy
TENNIS FREESTYLE CHALLENGE	To improve participants' ability to think creatively
DISTRACTION	To improve participants' ability to react to challenges
RANKING UP	To increase participants' understanding of the benefits of developing a strong work ethic
MAGIC RALLY	To improve participants' ability to self-reflect
RANDOM RALLY	To promote participants' ability to express themselves
COMPETITIVE COMEBACK	To improve participants' mental resilience



# SELF-CONFIDENCE WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
ACT OUT YOUR PASSION		
3 TEE TENNIS		
ELIMINATOR CHALLENGE		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
TARGETS		
CROSS THE COURT		
TENNIS FREESTYLE CHALLENGE		

# SELF-CONFIDENCE WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
DISTRACTION		
RANKING UP		
MAGIC RALLY		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
RANDOM RALLY		
COMPETITIVE COMEBACK		



# SELF-CONFIDENCE GAME ADAPTATIONS

We've highlighted some adaptations for the games set out for the theme 'Self-Confidence'.

Remember to adapt the games based on the age and skill level of your group or participants to ensure they remain engaging, enjoyable, appropriate, and achievable for everyone taking part.

Remember, these adaptations are meant to make the game easier or different while still achieving the learning outcome set out in your game cards.

Remember to always facilitate discussions after each game adaptation, asking questions related to shot selection, feelings, and the impact of the game on self-expression and self-confidence.

In addition to the adaptations set out below, remember you can be creative and try other adaptations to make these easier, challenging, or different based on your groups ability and

experience of taking part - Feel free to modify them further based on the needs and abilities of the participants. The **STEP Principle** can be used to support to make your games easier or more challenging.

- **SPACE:**  
can the area or court size be modified?
- **TASK:**  
can the rules, competition, time allocation be changed?
- **EQUIPMENT:**  
can you use less or more, or alter the size of targets or height?
- **PEOPLE:**  
can you work individually, in pairs, small or larger teams for different activities?

GAME	ADAPTIONS
ACT OUT YOUR PASSION	<b>Themes:</b> Repeat this game a number of times and link it to a number of discussions relevant to the group, for example: - Favourite sports, subjects or hobbies or what would their chosen career be?
3 TEE TENNIS	The activity and rules can be changed to suit the needs of the group / individuals. Competition formats could be introduced for example: box leagues, round robins and elevator formats would all be suitable. <b>Values Reflections:</b> To deepen the discussion about values and beliefs, you can add a reflective team discussion after each round. Once both teams have completed their turns, gather the group together and ask them to discuss how their values and beliefs influenced their gameplay. Encourage them to share examples of decisions they made during the game and explain the values that guided those decisions. This variation promotes self-reflection and allows for meaningful conversations about the importance of values in decision-making.

GAME	ADAPTIONS
ELIMINATOR CHALLENGE	<p><b>To adapt this game into a box league or round robin format, follow these steps:</b></p> <ol style="list-style-type: none"> <li>1. Divide the group into multiple teams, ideally with an equal number of teams.</li> <li>2. Assign each team a team name and tagline.</li> <li>3. Set up multiple playing areas, each with its own set of tees (or cones) and markers.</li> <li>4. Each team will rotate through the different playing areas, taking turns as the attacking team.</li> <li>5. In each round, one team will be the attacking team while the others become the defending teams.</li> <li>6. The attacking team will have a designated amount of time (e.g., 2 minutes) for their turn to hit the balls off the tees and score points.</li> <li>7. The defending teams will spread out across the playing area and be ready to retrieve the balls and return them to their original place once all the balls have been hit.</li> <li>8. After the time is up, the attacking team rotates to the next playing area, and the defending teams become the attacking team in their respective areas.</li> <li>9. Keep track of the points scored by each team in each round.</li> <li>10. Continue rotating through the playing areas until each team has had a turn attacking in all areas.</li> <li>11. At the end of the rotations, tally up the points for each team.</li> <li>12. The team with the most points wins the box league or round robin tournament.</li> </ol> <p>This adaptation allows for multiple teams to compete against each other in a structured format, ensuring that each team has an opportunity to attack and defend in all playing areas.</p>
TARGETS	<p><b>Target Distance:</b> Spread out targets all around the whole court with different distances. Start with closer targets and gradually increase the distance as the game progresses. This allows for a gradual progression allowing participants to focus on their goals.</p> <p><b>Team Relay:</b> Introduce a relay-style game where participants take turns hitting the ball towards the targets. Each participant gets a set number of attempts before passing the racket to the next person. This adds an element of teamwork and encourages participants to strategise and communicate with their teammates to achieve the highest score collectively.</p>



GAME	ADAPPTIONS
CROSS THE COURT	<p><b>Additional Support:</b> If teams touch the ground or drop the tennis ball, allow them to continue from where they left off. This adaptation provides teams with more opportunities to practice strategy and problem-solving skills but with progression.</p> <p><b>Time Limit Challenge:</b> Introduce a time limit for teams to cross the court. Teams must work together to strategise and execute their plan within the given time frame. This encourages teams to think quickly and cooperate efficiently.</p>
TENNIS FREESTYLE CHALLENGE	<p><b>Simplified Trick Shots:</b> Allow teams to start with simpler trick shots before progressing to more complex ones. This gives participants the opportunity to practice and build their confidence in performing trick shots. As they become more comfortable, they can gradually incorporate more challenging elements into their routines.</p> <p><b>Synchronized Shots:</b> Invite the team to work together to create a synchronised trick shot routine. This encourages teamwork and coordination, as well as fostering creativity in designing and executing a collective performance.</p>
DISTRACTION	<p><b>Slower Motion:</b> Call out the shots at a slower pace, giving the participants more time to react and demonstrate the opposite shot. This adaptation can be helpful for beginners or those who need more time to process and react.</p> <p><b>Partner Challenge:</b> Divide the group into pairs. Each pair will take turns calling out the shots for their partner to demonstrate. This adaptation adds an element of teamwork and communication as the partners need to listen and react to each other's instructions.</p>
RANKING UP	<p><b>Target Size Adjustment:</b> To make the game easier, start with larger target zones and gradually decrease the size as the participants progress through the levels. This allows them to build their skills and confidence gradually, making it more achievable.</p>
MAGIC RALLY	<p><b>Shot Rotation Challenge:</b> Each pair takes turns calling out a specific shot that their partner must play during the rally. This will require participants to adapt their shots on the spot and think quickly, promoting both experimentation and adaptation.</p> <p><b>Musical Shot Challenge:</b> Play some music while the pairs are rallying. Every time the music stops, the pairs must switch to a different unconventional shot. This game variation adds a fun element and encourages participants to adapt their shots based on the changing music cues.</p>

GAME	ADAPPTIONS
RANDOM RALLY	<p><b>Time Extension:</b> Introduce time extension rounds. After the initial 60 seconds, pairs that have been able to maintain a rally can earn an additional 30 seconds or a set number of shots to continue playing. This adaptation provides participants with further time to experiment with unconventional shots and adapt their gameplay, making it easier for them to express themselves.</p> <p><b>Relay:</b> Divide the pairs into two teams and set up multiple stations on the court. Each station represents a different shot or shot type (e.g., lob shot, drop shot, forehand, backhand). Each pair takes turns moving from one station to another, playing one shot at each station before rotating to the next. This adaptation adds a competitive element while still promoting experimentation and adaptation.</p>
COMPETITIVE COMEBACK	<p><b>Progressive Disadvantage:</b> Gradually increase the level of disadvantage for each pair as the tournament progresses. For example, in the first match, they may start with a score disadvantage of 1 point. In the second match, the disadvantage could be playing with their non-dominant hand. In the third match, they could start with a score disadvantage of 2 points, and so on. This adaptation allows participants to gradually build their mental resilience as they face increasing challenges throughout the tournament.</p>



# HEALTH AND WELL-BEING: THRIVE IN BODY AND MIND

In the Health & Well-being theme, which is made up of 11 games, we encourage individuals to develop a positive attitude towards regular exercise, a balanced healthy diet, and a growth mindset.

Participants will gain the knowledge and understanding needed to actively manage and live a healthier lifestyle. This theme aims to inspire individuals to prioritise their well-being and embrace a holistic approach to health.



GAME	LEARNING OUTCOME
ON THE BALL	To increase participants' speed and quickness (SAQ)
LUNG BUSTER	To improve participants' resilience when faced with fitness challenges
BODY POP	To develop participants' understanding of muscle groups and functions
WALK THE PLANK	To increase participants' knowledge of core strength
BREAKPOINT	To improve participants' ability to identify healthy food groups
CIRCUIT TENNIS	To improve participants' knowledge of the heart rate
ELEVATOR	To improve participants' understanding of the rewards of humility
CENTRE COURT	To develop participants' understanding of poor mental health
TENNIS FREESTYLE	To increase participants' ability to apply growth mind-set principles
TENNIS YOGA	To improve participants' mental focus through yoga
MINDFUL SMASH	To develop participants' ability to practice mindfulness



# HEALTH AND WELL-BEING WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
ON THE BALL		
LUNG BUSTER		
BODY POP		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
WALK THE PLANK		
BREAKPOINT		
CIRCUIT TENNIS		

# HEALTH AND WELL-BEING WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
ELEVATOR		
CENTRE COURT		
TENNIS FREESTYLE		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
TENNIS YOGA		
MINDFUL SMASH		



# HEALTH AND WELL-BEING GAME ADAPTATIONS

We've highlighted some adaptations for the games set out for the theme 'Health & Well-Being'.

Remember to adapt the games based on the age and skill level of your group or participants to ensure they remain engaging, enjoyable, appropriate, and achievable for everyone taking part.

Remember, these adaptations are meant to make the game easier or different while still achieving the learning outcome set out in your game cards.

Remember to incorporate discussions and questions throughout the games to reinforce learning and understanding about healthy food choices, healthy lifestyles, mind, and body.

In addition to the adaptations set out below, remember you can be creative and try other adaptations to make these easier, challenging, or different based on your

groups ability and experience of taking part – Feel free to modify them further based on the needs and abilities of the participants. The STEP Principle can be used to support to make your games easier or more challenging.

- **SPACE:**  
can the area or court size be modified?
- **TASK:**  
can the rules, competition, time allocation be changed?
- **EQUIPMENT:**  
can you use less or more, or alter the size of targets or height?
- **PEOPLE:**  
can you work individually, in pairs, small or larger teams for different activities?

GAME	ADAPTIONS
ON THE BALL	<b>Relay:</b> Set up a relay race with cones placed at intervals. Each participant must sprint to a cone, touch it, and return to the starting point before tagging the next teammate to go. This adaptation focuses on increasing speed and agility, while also incorporating teamwork and competition.
LUNG BUSTER	<b>Team Relay:</b> Turn the game into a relay race where each team member completes a shorter distance before passing the baton to the next person. This way, it becomes a team effort to complete the runs.  <b>Skill-based Points:</b> Introduce additional points for demonstrating specific skills during the game. For example, award extra points to participants who successfully execute a backhand shot or other shots. This encourages participants to develop their skills and adds a strategic element to the game.



GAME	ADAPTIONS
BODY POP	<b>Musical Muscles:</b> Play music while the pairs are standing opposite each other with the ball on the cone. When the music stops, instead of trying to grab the ball, the leader calls out a body part and action. The pairs must quickly perform the action using the corresponding muscle group before the music starts again. This adds a fun and dynamic element to the game while still focusing on muscle identification and movement.  <b>Verbal Challenge:</b> Introduce verbal clues to help the participants identify the correct muscle which gets them thinking. For example, they can say "This muscle helps you bend your arm" for the biceps or "This muscle helps you straighten your leg" for the quadriceps.
WALK THE PLANK	<b>Slow Motion:</b> Invite the person with the racket to weave in and out of cones to perform the movements in slow motion. This will make it easier for them to maintain balance and stability while bouncing the ball on the racket.  <b>Challenges:</b> Introduce additional balance challenges during the game. For example, have the person with the racket balance on one foot while running and weaving through the cones, or have them perform a single leg squat each time they reach a cone. This adds an extra element of difficulty and helps improve balance and stability.
BREAKPOINT	<b>Healthy Food Treasure Hunt:</b> Organise a treasure hunt where participants must find different healthy food items around a designated area. Each time they find a food item, they earn a nutrition card. After the treasure hunt, the team must calculate the healthiest diet using the nutrition cards. The team with the most nutritious diet wins.
CIRCUIT TENNIS	<b>Relay:</b> Create a relay race where each team member must complete a specific activity that raises their heart rate. For example, one-person can-do shuttle sprints, another can do jumping jacks, and another can do high knees. After each person completes their activity, they check their heart rate and record it (noting the increase comparing to resting heart rate). Remember to speak about the importance of monitoring the heart rate and its relationship to fitness levels during the discussions and debriefing after each game.

GAME	ADAPTIONS
ELEVATOR	<p><b>Team Rotation:</b> Create a rotation system where teams rotate after each match. This ensures that everyone gets a chance to play on different courts and with different partners eliminating the difference between winners and losers. Emphasise the importance of showing appreciation and sportsmanship towards teammates and opponents regardless of the match outcome, contributing to positive healthy minds.</p> <p><b>Challenge:</b> Introduce a sportsmanship challenge during the tournament. Each team earns points not only based on their match performance but also on their displays of sportsmanship. For example, teams can earn bonus points for congratulating their opponents on good shots, offering encouragement, or showing appreciation for a well-played match. The team with the highest combined score of match points and humility points wins.</p>
CENTRE COURT	<p><b>To make this game different incorporate rock, paper, scissors and a doubles or triples format with tennis scoring, you can follow these adaptations:</b></p> <ol style="list-style-type: none"> <li>1. Divide the group into teams.</li> <li>2. Assign a hand gesture (rock, paper, or scissors) to each team.</li> <li>3. Form a circle with one member from each team standing outside the circle as the catcher.</li> <li>4. The catcher calls out two hand gestures.</li> <li>5. The teams whose hand gestures were called face off in a rock, paper, scissors match.</li> <li>6. The winning team swaps places within their own team without being caught by the catcher.</li> <li>7. The catcher tries to take a vacant spot before the swap is completed.</li> <li>8. Participants in the circle can distract the catcher to prevent them from taking a spot.</li> <li>9. If the catcher takes a spot before the swap is completed, the team swapping becomes the new catchers.</li> <li>10. If the swap is completed before the catcher takes a spot, the team earns a point.</li> <li>11. Continue playing rounds with different hand gestures called out by the catcher.</li> <li>12. Use a scoring system (e.g., first team to reach four points wins).</li> <li>13. Rotate catchers and adjust teams as needed for each round.</li> </ol> <p>This adaptation adds a competitive element with the rock, paper, scissors match and incorporates a doubles or triples format. The scoring system adds an additional layer of strategy and competitiveness.</p>

GAME	ADAPTIONS
TENNIS FREESTYLE	<p><b>Challenge:</b> Ask the group to form a circle and provide each participant with a racket and a ball. Instead of developing complex tricks, they now must start with a simple tennis stroke and, one by one, add a new creative element to their stroke each time it comes back to them in the circle. This way, the routine progressively becomes more challenging and creative as each participant contributes.</p>
TENNIS YOGA	<p><b>Pose Challenge:</b> Ask each participant to take turns suggesting a yoga pose related to tennis. The group will then try to recreate the pose and hold it for a certain amount of time (e.g., 30 seconds). Continue the challenge by going around the circle and having each participant suggest a new pose. Incorporate breathing exercises into the partner yoga sequence, guiding the pairs to synchronise their breaths and create a sense of connection and relaxation.</p>
MINDFUL SMASH	<p><b>Target Practice:</b> Set up a target area with different sized hoops or targets. Each team member takes turns hitting the ball and trying to aim for the targets. This adaptation focuses further on concentration and accuracy rather than smashing the cones out of the net.</p> <p><b>Slow Motion Smash:</b> Slow down the pace of the game and ask participants to hit the ball in slow motion, focusing on their movements and the contact with the ball. This adaptation encourages participants to be fully present and mindful of their actions.</p>



# COMMUNITIES TOGETHER: EMBRACE DIVERSITY, FOSTER UNITY

The Communities Together theme, made up of 11 games, focuses on creating awareness and understanding of diversity and issues within communities.

It encourages individuals to embrace and celebrate differences, recognising that diversity is a positive aspect of our society. Through games exploring faith, ethnicity, generational differences, gender, discrimination, inclusion, stereotypes, and giving back to the community, this theme promotes connection and unity.

GAME	LEARNING OUTCOME
COMM(UNITY)	To develop participants' knowledge of the meaning community
INTERNATIONAL ELEVATOR	To improve participants' understanding of the value of diversity
EXCHANGE	To develop participants' ability to connect with others
BIAS BINGO	To challenge participants' perception of people in the community
TENNIS TOLERANCE	To improve participants' understanding of tolerance
ADVANTAGE	To develop participants understanding of the barriers that different people in the community face
STRONG COMMUNITIES	To empower participants to have a greater sense of pride in their community
COMMUNITY RALLY	To improve participants' ability to discuss social issues in their communities
ROUTE TO HAPPINESS	To develop participants' appreciation for the positive aspects of their communities
TASK TENNIS	To improve participants' ability to collaborate
SYNCHRONISED SERVING	To encourage partnerships among participants



SCAN HERE FOR  
GAME CARDS

# COMMUNITIES TOGETHER WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
COMM(UNITY)		
INTERNATIONAL ELEVATOR		
EXCHANGE		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
BIAS BINGO		
TENNIS TOLERANCE		
ADVANTAGE		



# COMMUNITIES TOGETHER WORKSHEETS

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
STRONG COMMUNITIES		
COMMUNITY RALLY		
ROUTE TO HAPPINESS		

GAME	How would you adapt this for your group, environment, and community?	How can you use the coaching tips to work for you?
TASK TENNIS		
SYNCHRONISED SERVING		



# COMMUNITIES TOGETHER GAME ADAPTATIONS

We've highlighted some adaptations for the games set out for the theme 'Communities Together'.

Remember to adapt the games based on the age and skill level of your group or participants to ensure they remain engaging, enjoyable, appropriate, and achievable for everyone taking part.

Remember, these adaptations are meant to make the game easier or different while still achieving the learning outcome set out in your game cards.

Remember to always facilitate reflective discussions by encouraging participants to share their experiences, challenges, and insights about connecting with others and the importance of communication and listening.

In addition to the adaptations set out below, remember you can be creative and try other adaptations to make these easier, challenging, or different based on your

groups ability and experience of taking part - Feel free to modify them further based on the needs and abilities of the participants. The **STEP Principle** can be used to support to make your games easier or more challenging.

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GAME	ADAPTIONS
COMM(UNITY)	<p><b>Additional teamwork games:</b></p> <p><b>Human Knot:</b> Ask your group to form a tight circle and reach out their hands, they should hold the hands of two different people across from them. Without letting go of anyone's hands the group must work together to untangle themselves and form a circle again.</p> <p><b>Team Juggling:</b> Divide your group into smaller teams and provide each team with a set amount of tennis balls. The teams must work together to keep as many balls in the air as possible, by passing them to each other. Encourage the teams to communicate, strategise on how to keep the balls moving in the air smoothly, without any dropping to the floor. You can make this more challenging by adding more tennis balls.</p>

GAME	ADAPTIONS
INTERNATIONAL ELEVATOR	<p><b>Team Up:</b> As an alternative to pairs, divide the group into teams. Each team will still represent a different country, but they will compete against other teams in a round-robin tournament, the team with the most wins at the end is the overall winner.</p> <p><b>Time Limit:</b> Set a time limit for each match. For example, each match can be played for 5 minutes, and the team with the most points at the end of the time wins.</p> <p><b>Mixed Teams:</b> Mix up pairs or teams so that each team has participants from different countries. This promotes collaboration and understanding between different cultures and backgrounds.</p> <p><b>Modified Court Size:</b> Adjust the size of the mini tennis courts to make the game easier or more challenging. For younger participants or beginners, make the courts smaller to reduce the difficulty. For more advanced participants, make the courts larger to increase the challenge.</p>
EXCHANGE	<p><b>Team Size:</b> Increase team sizes and assign different roles. For example team manager or team strategist. This adaptation will allow more interaction and connection opportunities between participants.</p> <p><b>Communication Challenge:</b> Introduce communication challenges during the game to enhance the development of communication and listening skills. For example, participants can only communicate using non-verbal cues or participants can only reply with one-word responses. This makes this more challenging and encourages creative problem solving and effective communication.</p> <p><b>Co-operative Challenge:</b> Introduce co-operative challenges within the game to foster connection and teamwork. For example, participants can work together to achieve a certain number of consecutive shots or rally a certain number of times before rotating. This promotes collaboration and strengthens the sense of connection among participants.</p>
BIAS BINGO	<p><b>Your own story:</b> Ask your participants to bring in pictures of themselves, alongside the statements include personal statements or descriptions that challenge stereotypes or misconceptions. This will support to personalise the game and foster empathy and understanding – this is suitable for older participants.</p> <p><b>Time Limit:</b> Introduce a time limit to the game, groups will have to make quick decisions and challenge their biases in short time. This will encourage participants to think critically and act decisively in a short amount of time.</p>

GAME	ADAPPTIONS
TENNIS TOLERANCE	<p><b>Limit Distractions:</b> To build participants tolerance set a limit on the number of distractions allowed during each game. For example allow distractions for only one point per game which will allow them to focus on playing and improving their tolerance.</p> <p><b>Tolerance Challenge:</b> Introduce a tolerance challenge to the game. Before each game, assign each pair a specific tolerance challenge, such as playing with their non-dominant hand or using verbal communication only during the game. This will encourage participants to step outside their comfort zone and practice tolerance.</p> <p><b>Co-operative Challenge:</b> Invite pairs to work together to achieve a common goal. They have to rally the ball back and forth as many times as possible without it touching the ground. This will promote teamwork and tolerance as participants will support and encourage each other to get as many points as possible. You can set a time limit to make this more challenging.</p> <p><b>Skill Level:</b> Adjust the game based on the skill level of the participants. For beginners, use softer balls and lower the net height to make it easier to hit the ball. This adaptation ensures that participants can focus on building tolerance and acceptance without being overwhelmed by the technical aspects of the game.</p>
ADVANTAGE	<p><b>Equal Opportunities:</b> Introduce a rotation system where teams take turns starting from different positions. For example, in the first round, Team A starts closer to the buckets and hoops, while in the second round, Team B starts closer. This adaptation ensures that all teams have equal opportunities to experience advantages and disadvantages throughout the game.</p> <p><b>Discussions:</b> Allocate time for group discussions after the game to reflect on the barriers and advantages experienced during the game. Encourage participants to share their thoughts and feelings about their placements and their views on equality. This adaptation deepens the learning outcome and allows for meaningful conversations about creating a more inclusive and equal environment. This adaptation will be suitable for older participants.</p>
STRONG COMMUNITIES	<p><b>Time Limit:</b> Set a longer time limit for building the towers. This adaptation allows teams to further strategise, helping them debate how to build taller and stronger towers.</p> <p><b>Team Collaboration:</b> Transform the game into a collaborative activity. Combine the efforts of all teams to build one large tower together. This adaptation promotes teamwork and unity, emphasising the importance of community strength and collaboration.</p> <p><b>Design Challenge:</b> Introduce a design challenge to the game. Provide teams with specific criteria or constraints for their tower designs, such as using only a limited number of specific tennis equipment or incorporating specific shapes or structures. This adaptation encourages creativity and problem-solving skills while making the game more engaging and enjoyable.</p>
COMMUNITY RALLY	<p><b>Team Debate:</b> Divide the group into teams. Each team will have a designated spokesperson who will argue in favour of the statement or against it. The rest of the team members will play the rally and only hit the ball if they have something to contribute to the argument. The team that wins the rally also wins a point for their argument.</p>

GAME	ADAPPTIONS
COMMUNITY RALLY	<p><b>Modified Tennis:</b> Adapt the game to suit the abilities and preferences of the group. Instead of using tennis rackets and balls, use softer balls or bean bags that can be easily caught and thrown. This modification can make the game more accessible and inclusive for all participants.</p> <p><b>Time Limit:</b> Set a time limit for each rally, ensuring that participants have a limited amount of time to make their argument and hit the ball. This will encourage quick thinking and concise arguments, making the game more fast-paced and engaging.</p>
ROUTE TO HAPPINESS	<p><b>Team Collaboration:</b> Adapt the game and ask teams to work together to complete the course. Each team member can take turns completing different sections of the course, with the whole team discussing and deciding on the meaning of the signs together. This adaptation promotes teamwork and collaboration.</p> <p><b>Team Clue Cards:</b> Create clue cards that the teams must find and collect along the obstacle course. Each clue card can contain a hint, or a question related to a positive aspect of a cohesive community. The teams must discuss and answer the questions on the clue cards to progress through the course.</p> <p><b>Community Themes:</b> Assign different themes to each team. For example, one team may focus on signs related to inclusivity, while another team focuses on signs related to community service. This adaptation encourages participants to explore different aspects of community cohesion and appreciate the diversity within their community.</p> <p><b>Community Event:</b> Organise your own community event where participants can display their artwork, share their interpretations, and discuss the positive aspects of their community with others. The event promotes community engagement and provides a platform for participants to actively contribute to the cohesion of their community.</p>
TASK TENNIS	<p><b>Task Choice:</b> Create a range of tasks and allow each pair to select tasks from this larger list of options. This adaptation gives participants agency and allows them to choose tasks that they feel comfortable with or find interesting.</p> <p><b>Task Negotiation:</b> Allow pairs to negotiate and exchange tasks with other pairs during the match. This adaptation promotes communication, negotiation skills, and collaboration between teams.</p>
ROUTE TO HAPPINESS	<p><b>Targets:</b> Set up various targets around the playing area. Each pair will take turns serving and trying to hit as many targets as possible within a set time limit, you can also set points for different targets, for example targets closest are lower points and those further away are higher points. This adaptation allows flexibility and encourages participants to communicate and strategise on which targets to aim for.</p> <p><b>Team Serving:</b> Invite all the pairs to work together towards a common goal. Set up a large target or multiple targets on the court. Each pair takes turns serving, with the aim of hitting the targets as many times as possible collectively. This adaptation promotes teamwork and collaboration.</p> <p><b>Blindfolded Serving:</b> Have one player from each pair wear a blindfold while the other player guides them through the serving motion using only verbal instructions. This adaptation enhances communication skills and trust between partners.</p>

# 5 SIMPLE STEPS TO DELIVERING GAME, SET, EMPOWER TOOLKIT THEMES



STEP

1

Refer to LTA SERVES, Game, Set, Empower toolkit and Game Cards (Themes: Self-Confidence, Health and Well-Being, Communities Together). Look at the learning outcomes related to each game to support your session planning.

STEP

2

Deliver one or more games from your chosen theme at your tennis session, using your Game Cards. Don't forget to be creative and use game adaptations in this book to progress the games, you can also make them easier if needed.

STEP

3

Use the key messages and discussion points provided on your Game Cards. These will allow your group to reflect on their feelings and thoughts related to the learning outcomes of the game.

STEP

4

Utilise our 'On-Court Tools' to measure the impact of your session. Remember to record or note down the data for future reference.

STEP

5

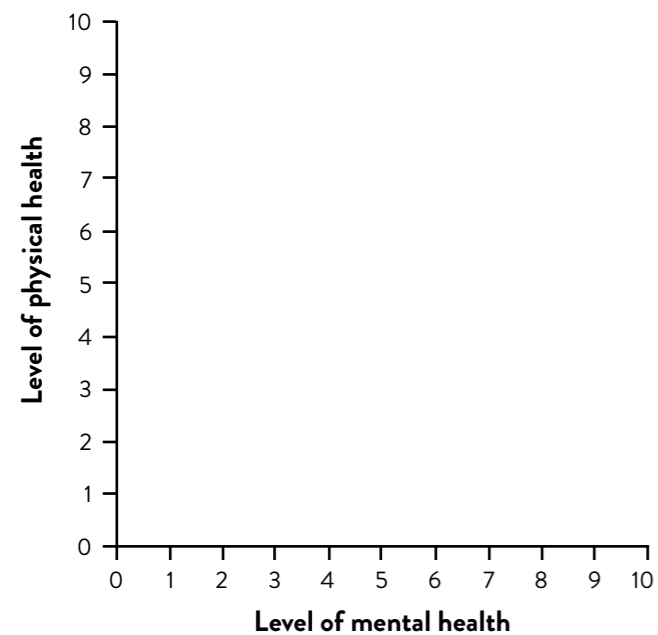
For additional support and to add variety to your regular tennis sessions, feel free to log back into your online Tennis Activator account to access your session resources - these offer a mixture of fun games that you can deliver in addition to those outlined in Game, Set, Empower Toolkit.

# ON-COURT TOOLS

We use the tools outlined here to measure and evaluate the impact of the games delivered, to support individual development in a clear and impactful way.

## ON-COURT SCALE

Our On-Court Scale uses a physical axis graph on court to enable participants to plot themselves to illustrate their feelings and reflections. Each axis is numbered 1 to 10 and represent two measures for each theme. The horizontal axis reflects knowledge and the vertical axis reflects emotions. This interactive method helps facilitate individual's learning and development while measuring change.



### Example: Health and wellbeing

Level of physical health  
Level of mental health

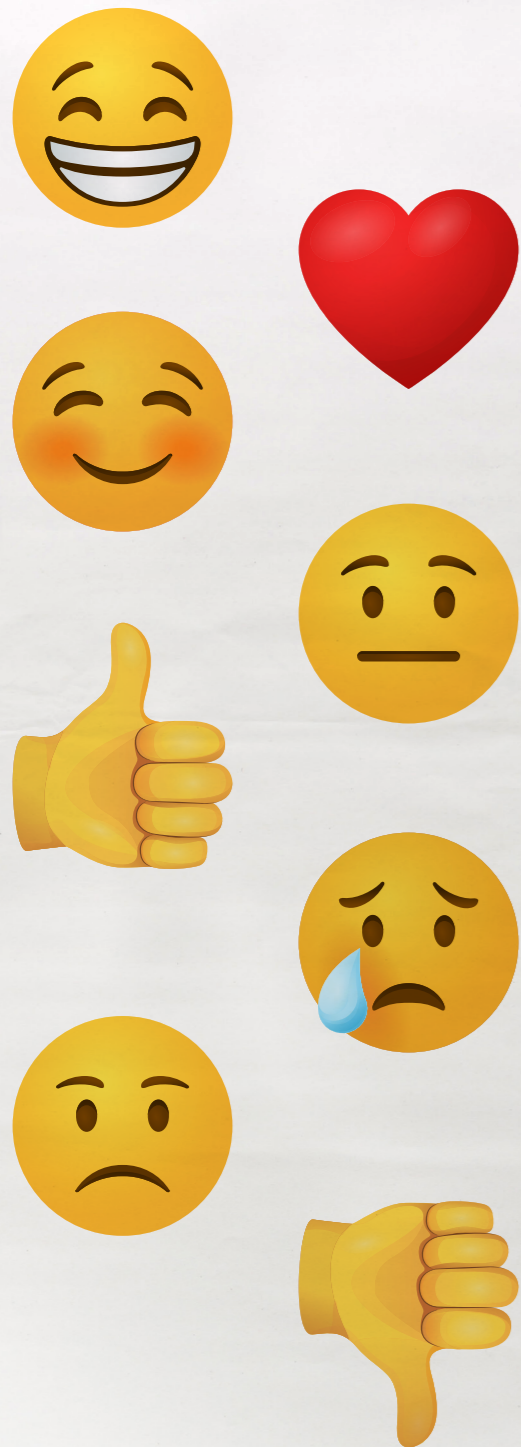
Use the On-Court Scale to measure participants feelings towards their physical and mental health at the start and end of delivering the health and wellbeing theme. This will provide you with evidence of changes in the health and wellbeing of the group. Remember to record where participants plot themselves each time.



### TOP TIP!

Use this scale as you progress through your sessions, when you repeat this scale you can measure and track progress on a continual basis and look back at where individuals first started - You can then review individual progress with each of your participants.





## EMOJI REFLECTIONS

Print out a set of reflective emoji's, lay these out on court in a row. Ask your participants questions related to the games they have taken part in, and then progress to ask them to reflect on how they felt when they chose the emoji they have selected - this will support in promoting discussions and your group to reflect on their individual thoughts and perceptions in a creative way.



### TOP TIP!

You can take pictures of your group if you have permission, or can note this down on paper with initials to keep a record.

Remember you can be creative with questions to encourage further discussions and thoughts!

## CONE QUESTIONS

You will need 3 sets of different colour cones; each colour will represent a different answer. For example:

**GREEN** = YES

**RED** = NO

**YELLOW** = DON'T KNOW

Ask your group a series of questions, they should run to the cone that reflects their answer. This can be used as a fun game or cool down and you can use different activities to get to the cones; skip, walk, jog, run, side-step, hop, fast tennis feet.

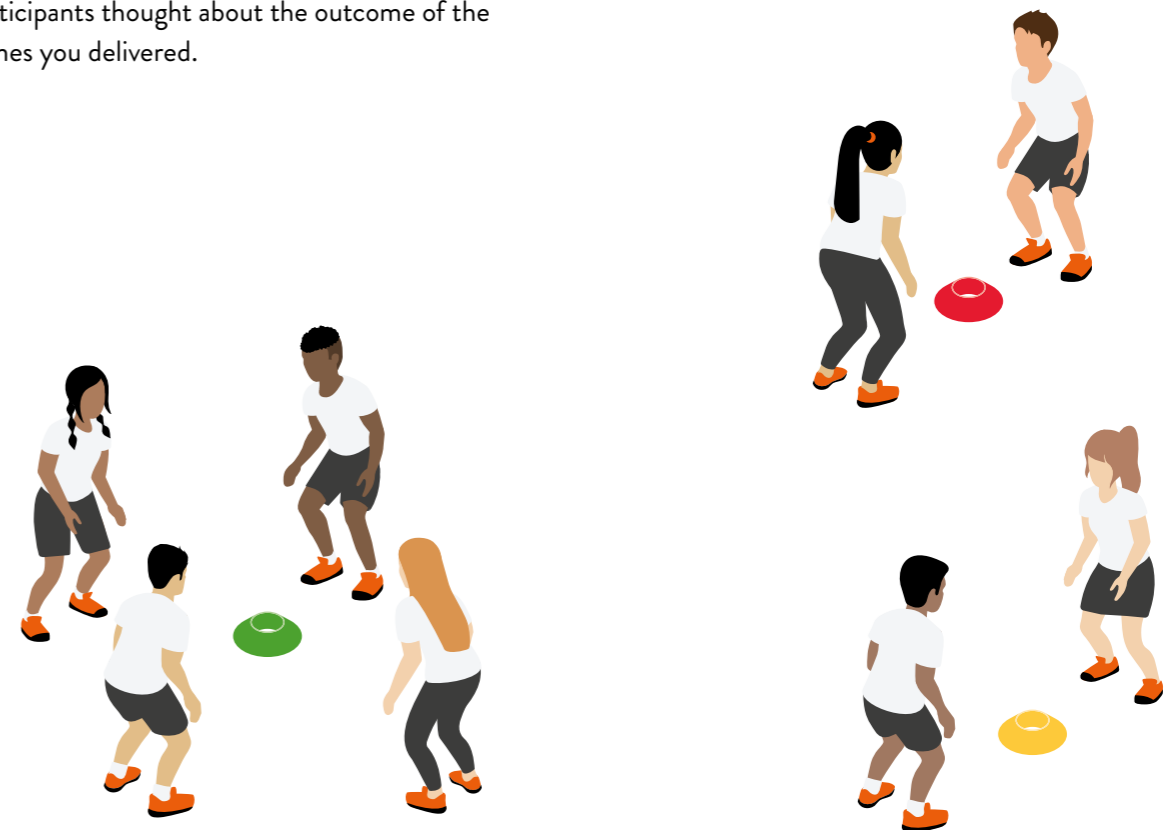
Cone questions can help you to understand what participants thought about the outcome of the games you delivered.



### TOP TIP!

Cone Questions is a fun tool to utilise for the Health and Well-Being Games!

You can take notes, or record with permission how participants answered the questions. You can then track with previous sessions, if you ask the same or similar questions in future for a game.











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