



# Tennis for SGOs

SECONDARY

## What's unique about Tennis

The School Games formats have been created in conjunction with young people and give further opportunity for the target young people to design their own event. Formats can be adapted based on the time and space available for intra or inter school competition. Activities link to the lesson plans available for free at [LTA Youth Schools](https://www.lta.org.uk/youthschools). Schools who complete a teacher training course receive a £250 voucher to spend on tennis equipment (helping to deliver the events) or 10 hours of team teaching with an LTA Accredited coach (helping to connect to community provision as well as upskilling staff).

## What is the intent of your format



Increase regular participation and motivation



Provide inclusive opportunities



Develop leadership, character, life skills

The Secondary School Games formats all use Red Ball tennis which is played on a smaller court with low compression balls. Red Ball tennis is accessible to all young people, meaning they can find success and enjoyment in the sport, helping to encourage ongoing participation. The formats are designed to be fun and incorporate youth voice, giving them the opportunity to be creative and make it relevant to them. As a self-officiating sport tennis develops life skills; it can be played as singles enhancing independence and self-management, or doubles encouraging teamwork and co-operation.

## It's just not Tennis if you...

1

Don't send and receive over a middle point (this could be a net or a line on the floor).

2

Don't use honesty to self-officiate.

3

Don't respect your opponent and your teammates.

## Target group benefits



All young people



Girls



SEND



Targeted groups of young people

Secondary Red Ball events can be delivered for all young people or tailored for specific target groups. Red Ball tennis is played on smaller courts, with low compression balls and short handled rackets and is accessible for all, particularly less engaged young people and those with SEND. The formats can be adapted to value-based scoring, match-based scoring or simply for fun with no scoring at all!



# Tennis for SGOs

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## How to run inter-competition: Red Ball – Games and Doubles Match-play



### How to set up

#### Part 1 Games:

- Choose Red Ball Games from the selection (there are 22 to choose from)
- Assign a value to each game
- Decide how each game will be scored – there are examples on each card
- Select the amount of time for each game
- Allow time between games for team reflection and scoring
- A template scorecard can be found [here](#).

#### Part 2 Match Play:

- Assign a value to each match
- Select the amount of time for each match
- Allow time between each match for team reflection and rotation
- Players serve, overarm or underarm from behind the baseline, diagonally into the opponents' service box
- Players score a point if:
  - The opponent hits the ball, and its first bounce is outside of the court
  - The opponent does not hit the ball over the net
  - The opponent does not hit the ball at all
  - The service ball must bounce before it can be returned. After this the ball can be hit before it bounces or after one bounce
- Use simple numbered scoring i.e. 1, 2, 3, 4 etc
- The player with the most points when the whistle goes, wins! If it's a draw, play one-point sudden death.



### Age group

KS3 = 11 – 14 years old  
KS4 = 14 – 16 years old



### Gender

Mixed, male or female



### Participant numbers

4+



### Target audience

Red Ball tennis is accessible for all. It is particularly appropriate for less engaged young people and those with SEND.



### Benefits for YP

After every point in tennis there is a 'winner' and a 'loser' which helps young people develop self-control and manage their emotions. There is the opportunity to reflect and analyse what went well and even better if ahead of the next point. Tennis is a self-officiating sport; it teaches fairness and respect.



### Roles for YP

Young people can act as:

- Event Organisers
- Coaches
- Umpires
- Team Managers.



### Progression

Schools can deliver the same intra competition format to practice and increase confidence before attending an inter-school competition.

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# Tennis for SGOs

SECONDARY

## How to run inter-competition: Inclusive Red Ball – Singles Match-play



### How to set up

#### Team Timed Tennis Tournament:

- Each team is made up of four players — e.g. two boys and two girls
- As teams are made up of four players, each 'match' consists of four separate singles e.g.  
Boy 1 v Boy 1 Singles, Boy 2 v Boy 2 Singles,  
Girl 1 v Girl 1 Singles, Girl 2 v Girl 2 Singles
- Decide the time available for each separate singles match e.g. 5 minutes. This will depend on the number of courts available and the number of teams and the total time available.

#### Playing a match:

- Players serve, overarm or underarm from behind the base line, diagonally into the opponents' service box
- Players score a point if:
  - The opponent hits the ball, and its first bounce is outside of the court
  - The opponent does not hit the ball over the net
  - The opponent does not hit the ball at all
- The service ball must bounce before it can be returned. After this the ball can be hit before it bounces or after one bounce.
- Use simple numbered scoring i.e. 1, 2, 3, 4 etc
- The player with the most points when the whistle goes, wins! If it's a draw, play one-point sudden death.



### Age group

KS3 = 11 – 14 years old  
KS4 = 14 – 16 years old



### Gender

Mixed, male or female



4+

### Participant numbers



### Target audience

Red Ball tennis is accessible for all. This competitive format is most appropriate for young people with physical impairment, neurodiverse, learning disabilities, and sensory impairments.



### Benefits for YP

After every point in tennis there is a 'winner' and a 'loser' which helps young people develop self-control and manage their emotions. There is the opportunity to reflect and analyse what went well and even better if ahead of the next point. Tennis is a self-officiating sport; it teaches fairness and respect.



### Roles for YP

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### Progression

Schools can deliver the same intra competition format to practice and increase confidence before attending an inter-school competition.

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# Tennis for SGOs

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## Additional support

LTA Youth Schools has been designed specifically for schools to support the curriculum and wider school outcomes. The programme brings together inclusive PE lesson plans, employability materials including the Tennis Leaders Award, and mental health and wellbeing resources, plus much more! Online and face-to-face teacher training is available for Secondary schools and there is a £250 voucher available for all schools upon completion (limited to one per school). SGOs and schools can access the programme for free [here](#).

To support you adapt your practice there are disability specific resources available on the LTA Youth Schools website [here](#). Further support is available through The [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. [The toolkit](#) provides you with an introduction to each Special Educational Need and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

Annually we aim to provide SGOs with grant funding to support their delivery of tennis within the School Games (this is subject to budget each year). Grant funding applications are communicated directly to SGOs via the LTA Area Team.

## NGB regional contacts

The LTA Area Teams can support SGOs to connect with a local tennis venue and / or coach to deliver events and provide exit routes for participants into community play. If you are unsure who your Area Contact is, please get in touch via the [Enquiry Page](#).

## Personal development

The Tennis Leaders Award is a fun and exciting youth leadership programme for Secondary School students of all abilities.

Courses can be delivered by an active Secondary School PE teacher, School Games Organiser or LTA Accredited Level 3+ Coach, with all resources provided to schools for free.

The programme is accredited by the Leadership Skills Foundation, who have worked with the LTA to ensure the core leadership skills of communication, self-belief, teamwork, self-management and problem solving are embedded throughout the course. The core module is compulsory and there are a suite of elective modules including Helping at a Competition and Helping at Your School. Find out more and order resources [here](#).

## Where to participate next?

There are thousands of tennis courts across the country. Young people can get involved by playing on a court with their friends and family, attending coaching sessions or joining a free park tennis session. Further information can be found [here](#).

Find your local tennis venue [here](#) and find your local coach [here](#).

## Where to compete next?

The LTA have a programme of nationally organised competitions, providing secondary school students with the chance to play competitive team tennis at a level appropriate to them. All competitions begin locally and culminate in a national final. Entry into all competitions is free for all schools and colleges in England, Scotland and Wales. Schools can find out more and enter for free [here](#).

Many community tennis venues will run informal competitions and fun events. Find local tennis venues [here](#).





### Why Tennis for your school?

Tennis is fun and offers numerous physical, mental and social benefits. It's great for cardiovascular health and enhances co-ordination, agility and reaction time. Modified versions of the game (Red, Orange, and Green) make it accessible and achievable for all ages and abilities. Tennis involves strategic thinking and quick decision-making when planning where to hit the ball. After every point there is a 'winner' and a 'loser', and the opportunity to reflect about what went well and what could be done differently in the next point. Boys and girls can play together so it is ideal for mixed events and encourages teamwork and communication.

### How to use activities in curriculum time

LTA Youth Schools has been written by teachers for teachers, designed specifically for schools to support the curriculum and wider school outcomes. The programme brings together inclusive PE lesson plans, employability materials including the Tennis Leaders Award, mental health and wellbeing resources, GCSE PE assessment tools and online teacher training. Access for free [here](#). Register and complete teacher training to receive a £250 voucher for your school to spend on tennis equipment or team teaching with an LTA Accredited coach (limited to one per school).

### Additional support

Schools can access support in establishing school club links and opening their facilities to the community. There are discounts on tickets to take organised school trips to professional tennis events such as The Wimbledon Championships. Further information can be found [here](#).

To support you adapt your practice there are disability specific resources available on the LTA Youth Schools website [here](#). Further support is available through The [SEND Inclusion Toolkit](#) co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. [The toolkit](#) provides you with an introduction to each Special Educational Need and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

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There is a dedicated set of 5 classroom-based resources that focus on transferrable employability skills, using examples from professionals who work in tennis and young people who play tennis to help bring key themes and concepts to life. The employability skills covered can be applied to exam skills, revision, application forms and interviews for colleges or part-time jobs. Access the resources [here](#).

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### How to run Intra-Competition: Red Ball Games



#### How to set up

- Choose Red Ball Games from the selection (there are 22 to choose from)
- Assign a value to each game
- Decide how each game will be scored – there are examples on each card
- Select the amount of time for each game
- Allow time between games for team reflection and scoring
- A template scorecard can be found [here](#).



#### Age group

KS3 = 11 – 14 years old  
KS4 = 14 – 16 years old



#### Gender

Mixed, male or female



#### Participant numbers

4+



#### Target audience

Red Ball tennis is accessible for all. It is particularly appropriate for less engaged young people and those with SEND.



#### Benefits for YP

After every point in tennis there is a 'winner' and a 'loser' which helps young people develop self-control and manage their emotions. There is the opportunity to reflect and analyse what went well and even better if ahead of the next point. Tennis is a self-officiating sport; it teaches fairness and respect.



#### Roles for YP

Young people can act as:

- Event Organisers
- Coaches
- Umpires
- Team Managers



#### Progression

Use the lesson plans [here](#) to prepare students for taking part through knowledge and skill development.



# Tennis for Schools

SECONDARY

## How to run Intra-Competition: Red Ball Match-play



### How to set up

- Assign a value to each match
- Select the amount of time for each match
- Allow time between each match for team reflection and rotation

#### Playing a match:

- Players serve, overarm or underarm from behind the base line, diagonally into the opponents' service box
- Players score a point if:
  - The opponent hits the ball, and its first bounce is outside of the court
  - The opponent does not hit the ball over the net
  - The opponent does not hit the ball at all
- The service ball must bounce before it can be returned. After this the ball can be hit before it bounces or after one bounce
- Use simple numbered scoring i.e. 1, 2, 3, 4 etc
- The player with the most points when the whistle goes, wins! If it's a draw, play one-point sudden death
- Allow time between matches for team reflection and scoring (score cards).



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### Gender

Mixed, male or female



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### How to run Intra-Competition: Red Ball Games and Match-play



#### How to set up

##### Part 1 Games:

- Choose Red Ball Games from the selection (there are 22 to choose from)
- Assign a value to each game
- Decide how each game will be scored – there are examples on each card
- Select the amount of time for each game
- Allow time between games for team reflection and scoring
- A template scorecard can be found [here](#)

##### Part 2 Match Play:

- Assign a value to each match
- Select the amount of time for each match
- Allow time between each match for team reflection and rotation
- Players serve, overarm or underarm from behind the baseline, diagonally into the opponents' service box
- Players score a point if:
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#### Roles for YP

Young people can act as:

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- Team Managers



#### Progression

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# Inclusive Red Ball – Singles Match-play

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## How to play

### Team Timed Tennis Tournament:

- Each team is made up of four players — e.g. two boys and two girls
- As teams are made up of four players, each 'match' consists of four separate singles e.g. Boy 1 v Boy 1 Singles, Boy 2 v Boy 2 Singles, Girl 1 v Girl 1 Singles, Girl 2 v Girl 2 Singles
- Decide the time available for each separate singles match e.g. 5 minutes. This will depend on the number of courts, number of teams and the total time available. Start and stop play on the Central Timer's whistle.

## Scoring

- Each 'match' is played and the final score entered onto the 'Mini Tennis Match Card' – [example found here](#)
- Match results are then entered on to a 'Round Robin Box Sheet'. Example formats for different team numbers and times can be [found here](#)
- Tie break score sheets example and template if using scorers to assist can be found here
- The final score should consider the individual results from the four matches, i.e. 4-0, 3-1, or 2-2
- These scores then give a total points score for each team. Individual match points can also be tallied in case of a tie.







## Playing a Match

- The serve is decided by a 'toss' at the start of the match
- The nominated person serves for the first point, it then alternates every 2 points
- Players serve, overarm or underarm from behind the baseline, diagonally into the opponents' service box
- Players are allowed a second serve if they miss their first serve
- Players score a point if:
  - The opponent hits the ball and it's first bounce is outside of the court
  - The opponent does not hit the ball over the net
  - The opponent does not hit the ball at all
- The service ball must bounce before it can be returned. After this the ball can be hit before it bounces or after one bounce
- Use simple numbered scoring i.e. 1, 2, 3, 4 etc.
- The player with the most points when the whistle goes, wins! If it's a draw, play one-point sudden death.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

-  1 mini tennis net per court (or lowered badminton nets)
-  2 red tennis balls per court. Sponge balls can be used if playing inside
-  21-inch racket per player
-  Throw down lines or masking tape can be used to mark out courts
-  Stopwatch  Whistle

## Space required

- 4 red tennis courts
  - 4 red courts fit across 1 full size court (if outside), or
  - 4 badminton courts (if inside)
- You can play using more or less courts depending on the space available.

## Estimated set-up time

- 15 minutes.

## Difficulty level



- The format is accessible for all to participate
- Some knowledge of the rules of tennis are required.

## Spirit of the Games



- How does it make you feel when your opponent calls the ball out when you thought that it was in? What could you do if this happens?
- In tennis, players keep their own score – how can you and your opponent make sure you agree on the score after every point?



- You won a tough match! How can you show your opponent respect at the end of the match?
- We all have a bad day on court when nothing seems to be going right – how can you show yourself respect on days like these?

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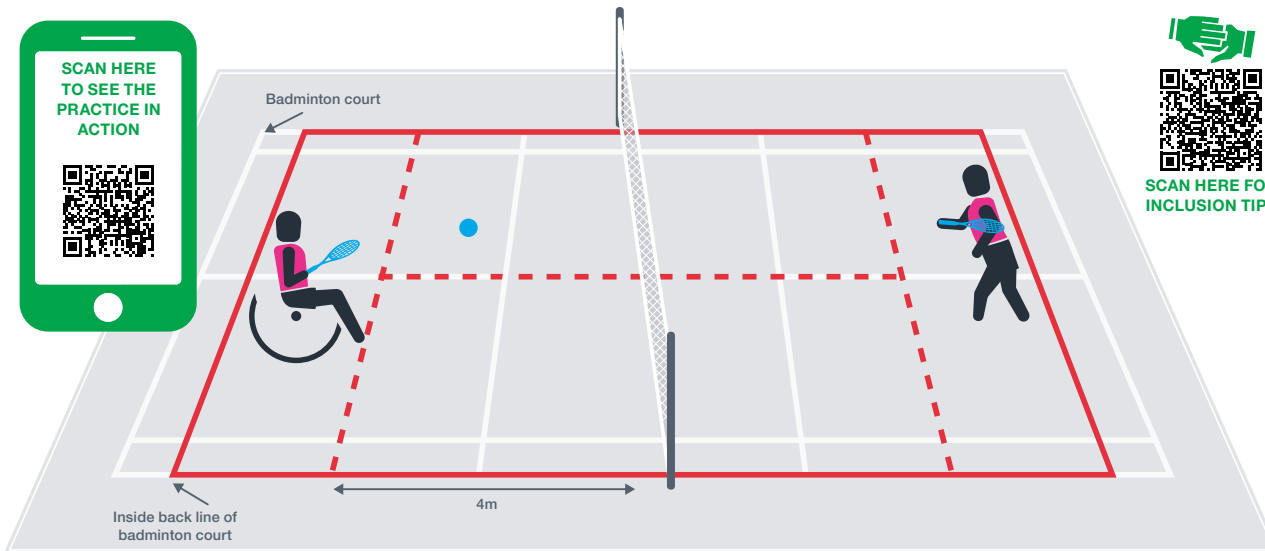


# Red Courts

## SECONDARY



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### Option 1:

#### A modified badminton court

The dimensions of a badminton court are 11.88 x 6.10m. To adapt a badminton court for Red Court competitions you should use the following boundaries:

- Length: inside back line as baseline
- Width: outside lines as the sidelines
- Service boxes: use 'throw down' lines to add service lines 4 metres from the net, extend existing centre line to the net.
- Ball: Red (sponge indoor, felt outdoor)
- Court: 11 x 5.5m (OK to use badminton court lines)
- Net height: 80cm
- Recommended racket size: 43-58cm (17-23")

### Option 2:

#### Four red courts using the length of one standard tennis court

Using this option makes use of existing lines on the standard tennis court, however, additional lines are required to fully mark out the Red Courts.

These additional lines can be marked using 'throw down' lines, or depending on the surface being used, masking/gaffer tape is also useful to create the additional lines required.

Net of traditional court – some local competition organisers keep this up to act as a divide between to the two courts. Others prefer to take it down as it can get in the way of play. A risk assessment is included in this toolkit to help make these local calls.

- Ball: Red (sponge indoor, felt outdoor)
- Court: 11 x 5.5m (OK to use badminton court lines)
- Net height: 80cm
- Recommended racket size: 43-58cm (17-23")

#### How to make it easier

- Allow the ball to bounce twice before hitting it
- Lower the net. You could use a bench, or barrier tape or even a line on the floor
- Serve underarm
- Start the point by serving the ball anywhere into the court (not just the diagonal service box)
- Play doubles

#### How to make it harder

- Increase the time played per round

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# Red Ball – Games and Doubles Match-play

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## How to play

### Part 1 – Games:

- Choose up to 4 Red Ball Games
- Assign a value to each game
- Decide how you will score each game – there are examples on each card
- Select the amount of time for each game
- Allow time between games for team reflection and scoring
- A template scorecard can be found [here](#)

### Part 2 – Match-Play (Doubles or singles):

- Assign a value to each match
- Select the amount of time for each match
- Allow time between each match for team reflection and rotation
- A template scorecard can be found [here](#)







## Playing a Match

- The serve is decided by a 'toss' at the start of the match
- The nominated person serves for the first point, it then alternates every 2 points
- Players serve, overarm or underarm from behind the baseline, diagonally into the opponents' service box
- Players are allowed a second serve if they miss their first serve
- Players score a point if:
  - The opponent hits the ball and it's first bounce is outside of the court
  - The opponent does not hit the ball over the net
  - The opponent does not hit the ball at all
- The service ball must bounce before it can be returned. After this the ball can be hit before it bounces or after one bounce
- Use simple numbered scoring i.e. 1, 2, 3, 4 etc.
- The player with the most points when the whistle goes, wins! If it's a draw, play one-point sudden death.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

-  1 mini tennis net per court (or lowered badminton nets)
-  2 red tennis balls per court. Sponge balls can be used if playing inside
-  21-inch racket per player
-  Throw down lines or masking tape can be used to mark out courts
-  Stopwatch  Whistle

## Space required

- 4 red tennis courts
  - 4 red courts fit across 1 full size court (if outside), or
  - 4 badminton courts (if inside)
- You can play using more or less courts depending on the space available.

## Estimated set-up time

- 15 minutes.

## Difficulty level



- The format is accessible for all to participate
- Some knowledge of the rules of tennis are required.

## Spirit of the Games



- Tennis is self-officiated – imagine you are playing a point, and you are not sure whether the ball lands in or out – how can you show respect to your opponent and decide who wins the point fairly?
- How can you show respect to your doubles partner?



- What skills help you work well as a team in tennis?
- Your team-mate has never played a tennis match before – what can you do to support them?

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# Red Courts

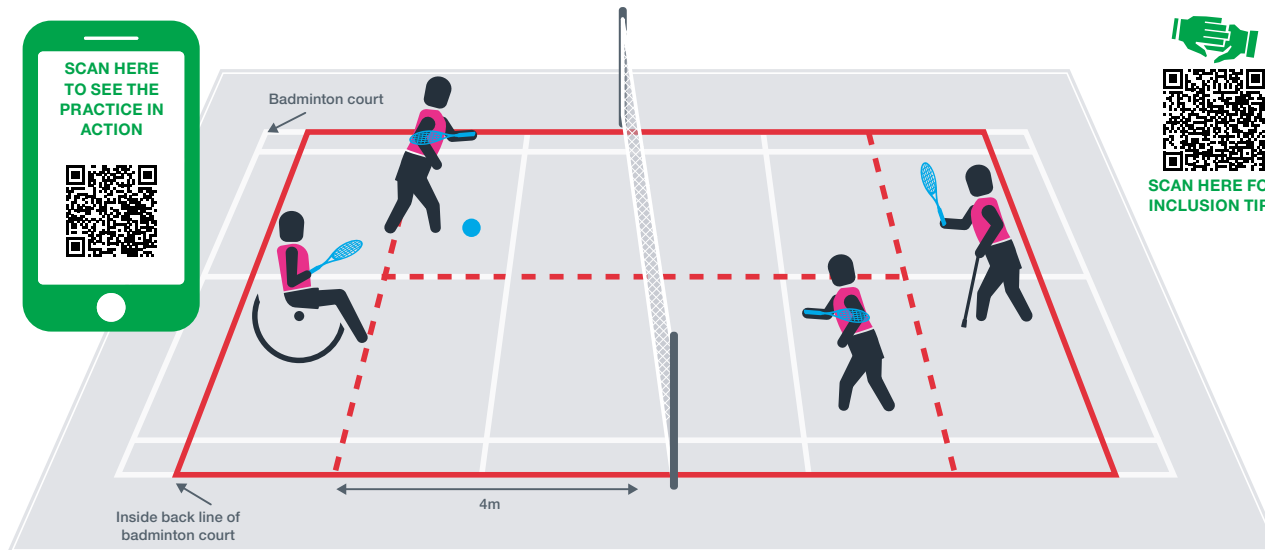
## SECONDARY



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### Option 1:

#### A modified badminton court

The dimensions of a badminton court are 11.88 x 6.10m. To adapt a badminton court for Red Court competitions you should use the following boundaries:

- Length: inside back line as baseline
- Width: outside lines as the sidelines
- Service boxes: use 'throw down' lines to add service lines 4 metres from the net, extend existing centre line to the net.
- Ball: Red (sponge indoor, felt outdoor)
- Court: 11 x 5.5m (OK to use badminton court lines)
- Net height: 80cm
- Recommended racket size: 43-58cm (17-23")

### Option 2:

#### Four red courts using the length of one standard tennis court

Using this option makes use of existing lines on the standard tennis court, however, additional lines are required to fully mark out the Red Courts.

These additional lines can be marked using 'throw down' lines, or depending on the surface being used, masking/gaffer tape is also useful to create the additional lines required.

Net of traditional court – some local competition organisers keep this up to act as a divide between to the two courts. Others prefer to take it down as it can get in the way of play. A risk assessment is included in this toolkit to help make these local calls.

- Ball: Red (sponge indoor, felt outdoor)
- Court: 11 x 5.5m (OK to use badminton court lines)
- Net height: 80cm
- Recommended racket size: 43-58cm (17-23")

#### How to make it easier

- Just play the games!
- Allow the ball to bounce twice before hitting it
- Lower the net. You could use a bench, or barrier tape or even a line on the floor
- Serve underarm
- Start the point by serving the ball anywhere into the court (not just the diagonal service box)

#### How to make it harder

- Just play the matches!
- Play singles rather than doubles

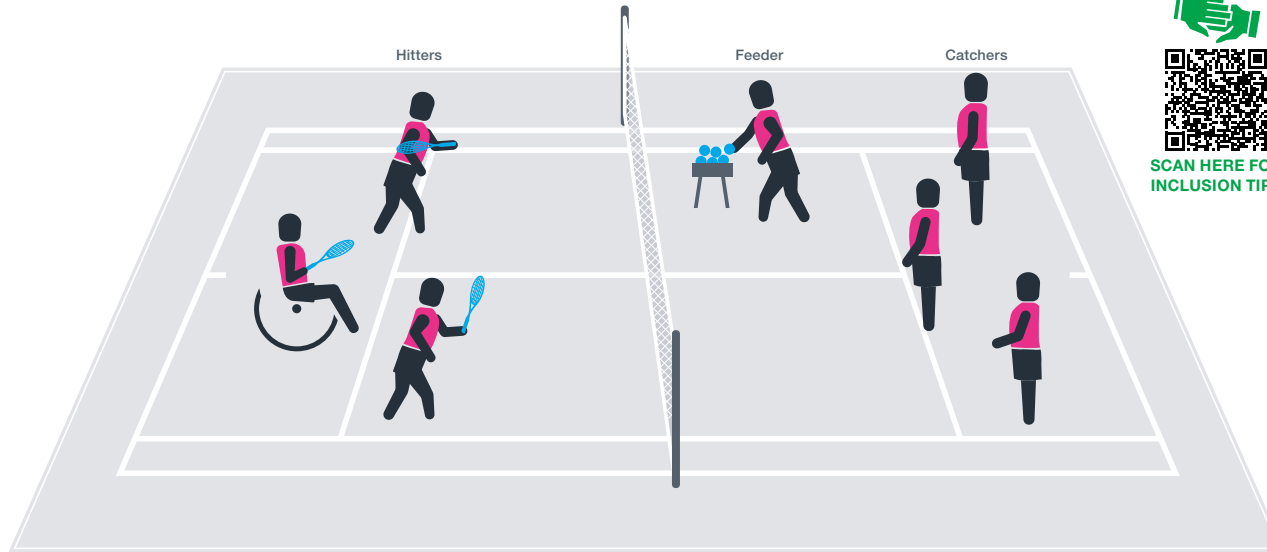
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# Jailer

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## How to play

- Students play individually, with up to 8 students per court
- A feeder (student or teacher) stands close to the net on 1 side of the court
- Students start on the opposite side with 1 student on the court to hit
- The feeder throws the ball underarm for the first student to hit on either their forehand or backhand side
- If the ball lands in, the hitter moves off court and the next student comes on to the court to hit
- If a hitter misses the ball, it lands out or in the net, they become a catcher on the other side of the court
- Catchers can catch the ball before it bounces, or can use 1 hand after 1 bounce. If they catch the ball, the catcher and hitter swap places
- The last hitter must hit the ball into the court without being caught in order to win the game
- If the last hitter misses the ball, the ball lands out or in the net, all catchers become hitters and the game starts again.

## Suggested Scoring

- 5 points for last remaining hitter, 1 point for a catch.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Play with less people per court
- Catchers can use two hands to catch after 1 bounce
- The feeder can only throw to the forehand

## How to make it harder

- Play with more people per court
- Catchers can only catch the ball before the bounce
- The feeder uses a racket to hit the ball

## Spirit of the Games



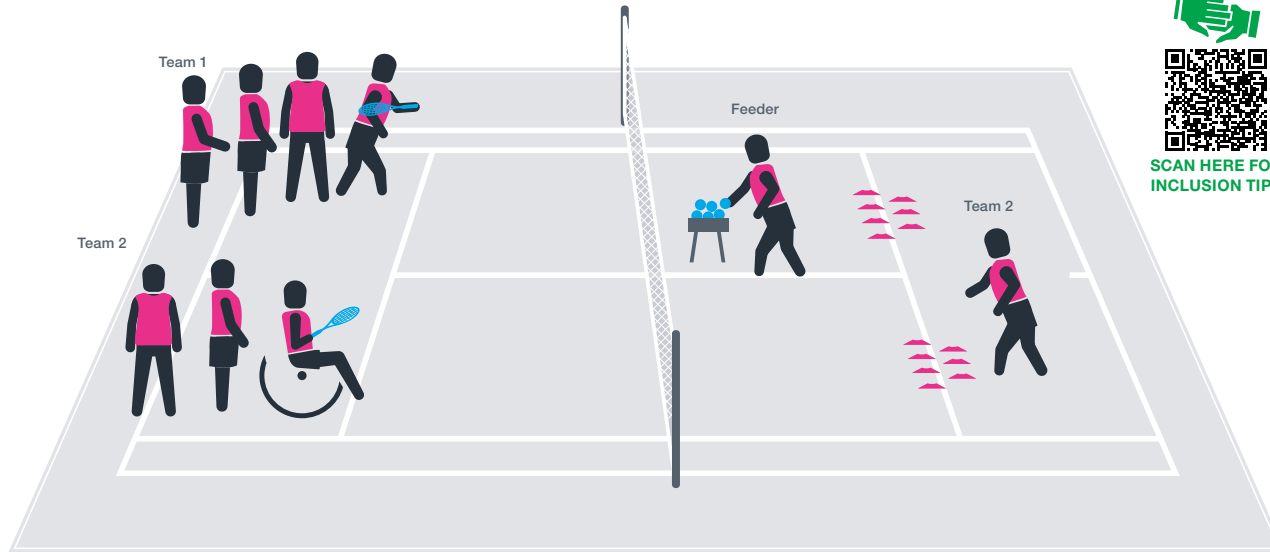
- How can believing in your ability to succeed help you perform better?
- What can you say to yourself if you start to feel nervous before an activity?



- How can your passion help you and your team stay focused on the activity?
- How can you stay passionate even when things aren't going well?

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## How to play

- Students play in 2 teams
- Each team plays in a half court area
- Teams start on the same baseline, 1 team on the right and 1 team on the left, with players stood at a safe distance behind each other
- A feeder (student or teacher) is on the opposite side of the court by the net
- Cones are placed in clusters, 1 cluster on the right and 1 cluster on the left, on the same side as the feeder
- The feeder feeds 1 team and then the other team
- Students aim to hit the ball to land on their team cones (the cluster straight ahead on the same half court as they are)
- If a team hit a cone, they send one of the opposite team to "Home". Home is on the opposite side of the net, behind the cones of their team
- Students at Home try to catch the ball, either 2 hands before it bounces or 1 hand after 1 bounce. If they catch the ball they return as a hitter for their team on the other side of the court
- The team who sends all the opposing team to "Home" are the winners.

## Suggested Scoring

- 5 points to winning team. 1 additional point for each cone hit.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets
- 2 cones

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Increase the number of target cones
- Catchers can use two hands to catch after 1 bounce
- The feeder can only throw to the forehand

## How to make it harder

- Decrease the number of target cones
- Catchers can only catch the ball before the bounce, but must stay behind the cones
- The feeder uses a racket to hit the ball

## Spirit of the Games



- Why is teamwork important?
- How can you make everyone feel included in your team?

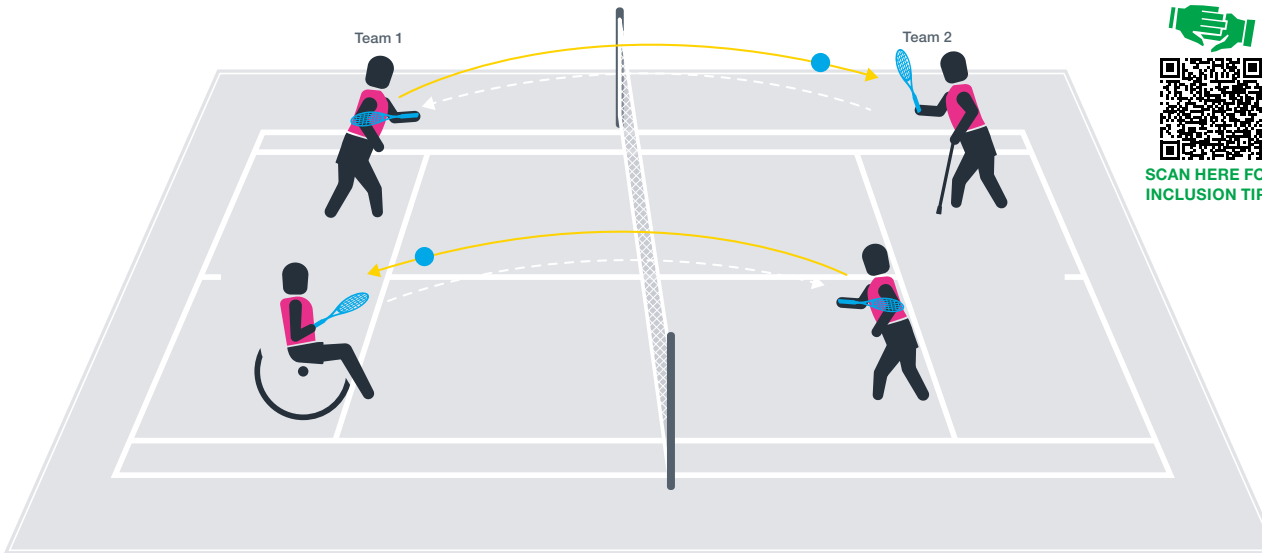


- What do you do when you feel like giving up during a hard game?
- How do you encourage your team to keep trying when they find something hard?



# Dingles

SECONDARY



## How to play

- Students work in pairs, with 4 students
- Students start by rallying in pairs i.e. half court singles
- As soon as 1 of the rallies breaks down students call “Dingles”. This changes the game to doubles and the point is played out with the live ball
- The next point starts with the pairs rallying in half court singles again, until “Dingles” is called
- Play first team to 7 points, or the team that has the most points after a set time.

## Suggested Scoring

- First team to 7 points, or the team that has the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it
- Lower the net. You could use a bench, or barrier tape or even a line on the floor

## How to make it harder

- Set up with one pair having a volley rally at the net and the other pair having a groundstroke rally at the baseline

## Spirit of the Games



- You are playing a point, and you are not sure whether the ball lands in or out – what can you do?
- How does being honest make the activity more fun for everyone?



- Why is teamwork important?
- How did you support your partner in the game?

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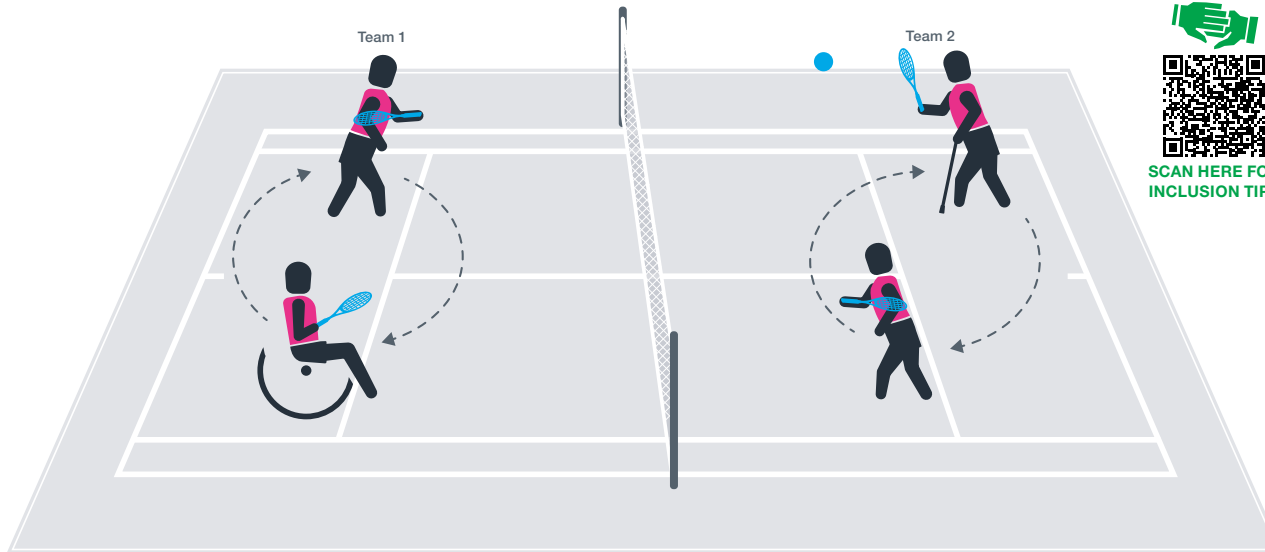
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# Switch

SECONDARY



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## How to play

- Students play in doubles pairs with 2 pairs per court
- The ball is fed into play from the baseline and the point is played out
- During the point if “Switch” is called, students must swap places with their partner, and continue the point
- Students take it in turns to be able to call “Switch”
- Pairs take it in turn to feed the ball into play
- Play first to 7 points or the pair with the most points after a set time.

## Suggested Scoring

- First team to 7 points, or the team that has the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it
- Lower the net. You could use a bench, or barrier tape or even a line on the floor

## How to make it harder

- Students switch places with their partner each time one of them hits the ball

## Spirit of the Games



- How does being honest make the activity more fun for everyone?
- What should you do if you accidentally do something wrong in the activity?



- How did you adapt to get better at this game?
- How did you encourage your partner during the game?

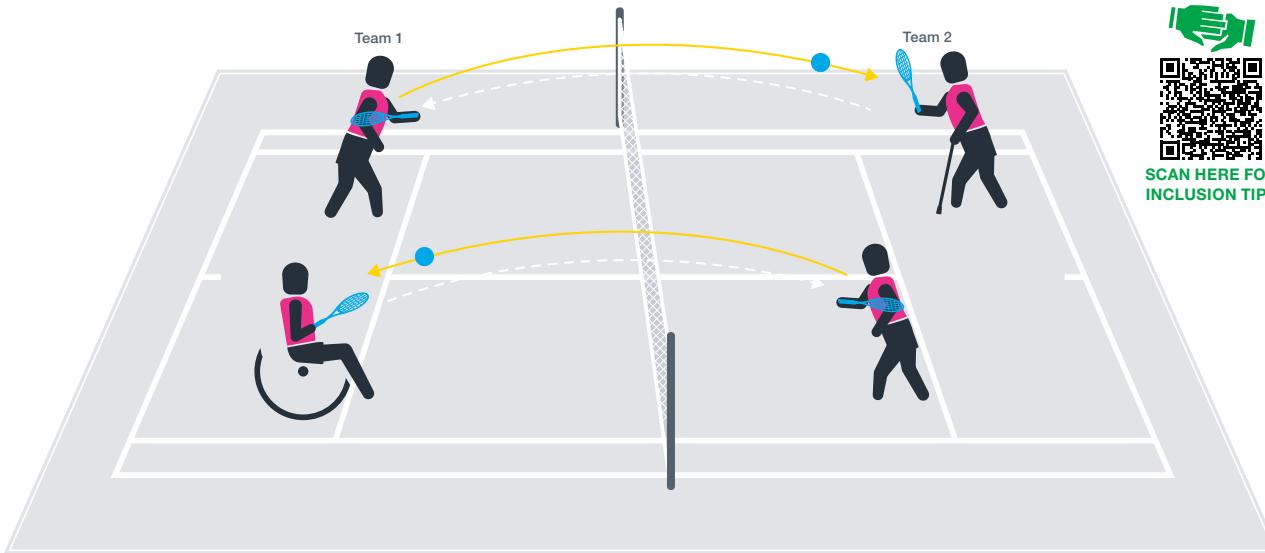
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# 39ers

## SECONDARY



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INCLUSION TIPS

### How to play

- Students play in pairs in a half court
- 1 student feeds the ball in underarm and the point is played out
- Students count the number of shots that are hit in the point. Whoever wins the point, wins the number of shots hit in points.
- Students take it in turns to feed the ball into play
- For example, 4 shots are hit in the first point, which is won by student 1. The score after the first point is: student 1 4-0 student 2. The second point is won by student 2 and 3 shots were hit. The score after the second point is: student 1 4-3 student 2
- Play first to 39 points
- Students should consider what tactics to use to reach 39 first.

#### Adaptations:

- Play on a full court
- Increase/decrease the total number of points required to win.

### Suggested Scoring

- Play first to 39 points, or the team that has the most points after a set time.

### Safety

- Ensure adequate space between and around the courts.

### Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

### Space required

- 1 red tennis court.

### Estimated set-up time

- 2 minutes.

### Difficulty level



### How to make it easier

- Decrease the total number of points required to win

### How to make it harder

- Increase the total number of points required to win
- Play on a full court

### Spirit of the Games



- How can honesty help build trust with others on and off court?
- How does it make you feel when the other player calls the ball out when you thought that it was in? What could you do if this happens?

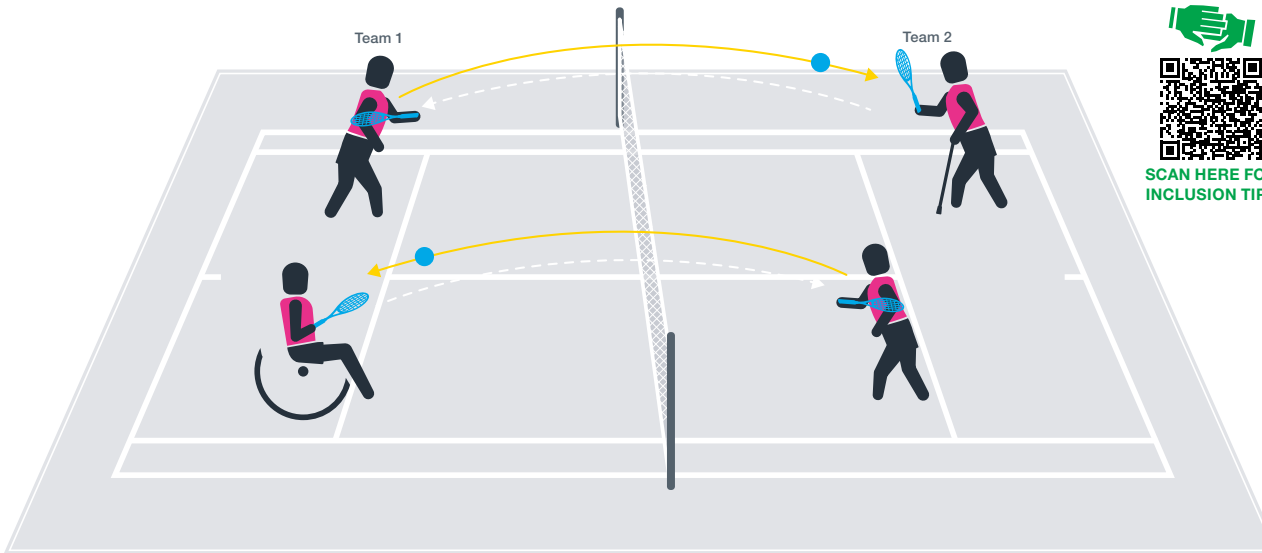


- What does it mean to believe in yourself?
- Why is it important to believe in yourself, even when you think others might doubt you?



# Tug of War

SECONDARY



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INCLUSION TIPS

## How to play

- Students play in pairs in a half court
- Both students start with 3 points
- The ball is fed into play and the point is played out
- When a student wins the point, they take a point away from their opponent and add it to their score, e.g. 3-3 / 4-2 / 5-1
- First student to 6 points wins.

## Suggested Scoring

- First student to 6 points wins 5 points and the game is started again.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Decrease the number of points needed to win the game e.g. 5

## How to make it harder

- Start the game with more points e.g. both students start with 5 each
- Play on a full court

## Spirit of the Games



- Why is it important to respect the rules of the game?
- How does being respectful help make the game more fun for everyone?



- How does self-belief help you overcome challenges?
- What positive self-talk can you give before the activity to boost your confidence?

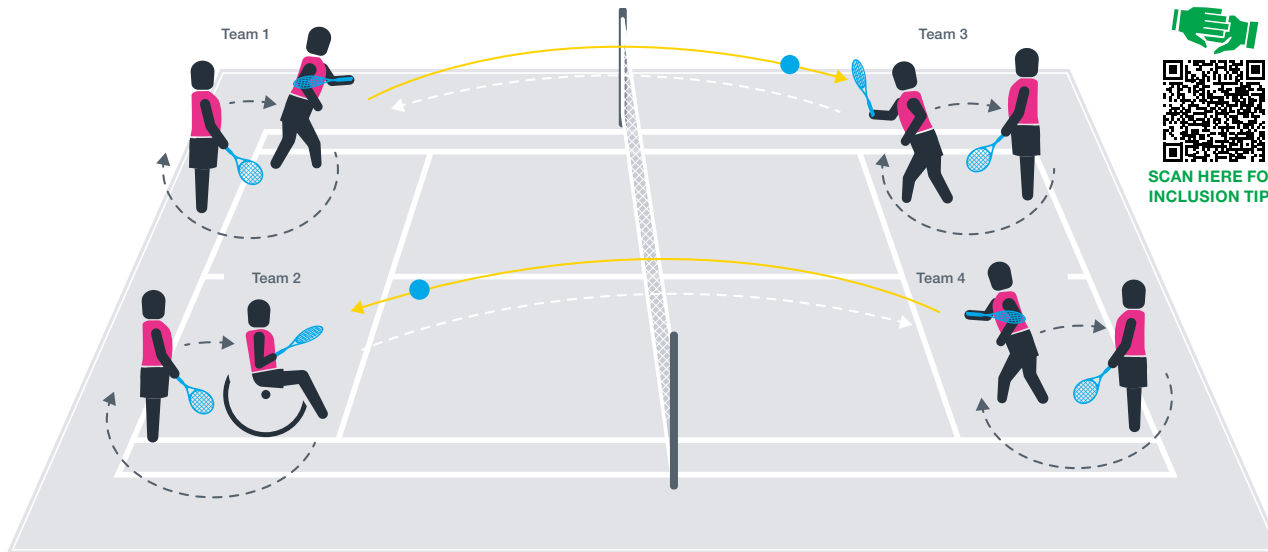
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8s

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## How to play

- Students play as doubles pairs
- Students start in their pairs on the baseline in the 4 corners of the court
- Pairs play in the half court against the pair straight opposite them
- The ball is fed into play and the point is played out
- Students take it in turns to hit the ball, swapping places with their partner after each shot
- Play first pair to 7 points, or the pair that has the most points after a set time.

## Suggested Scoring

- First team to 7 points, or the team that has the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it

## How to make it harder

- Play diagonally
- Play on a full court

## Spirit of the Games



- Why is it important to communicate with your teammates during the game?
- How did you work together in the game?



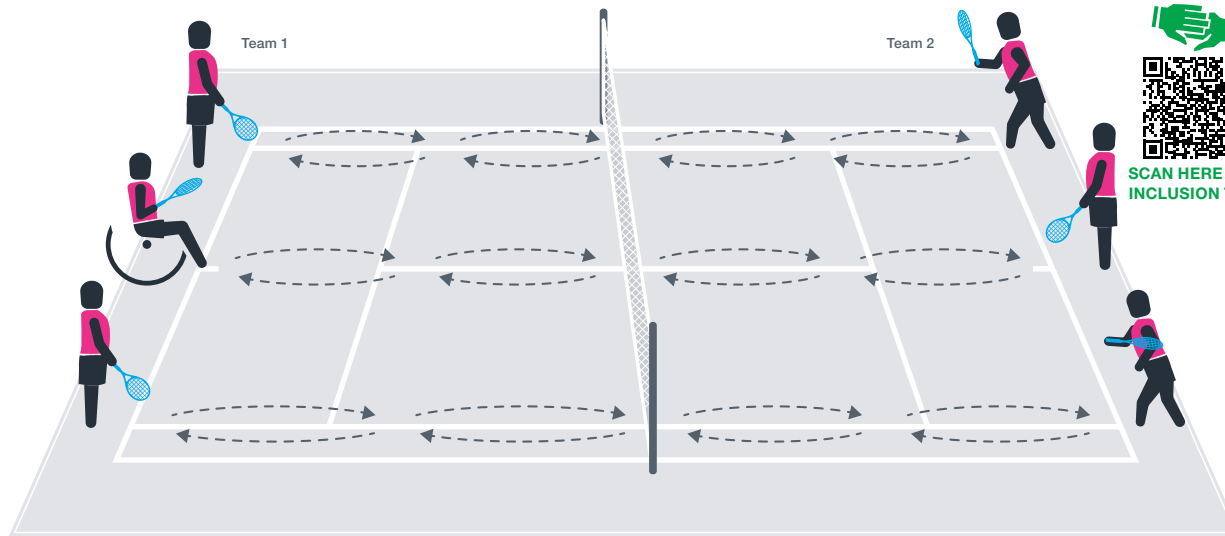
- What positive things can you say to your partner during the game?
- How can you stay passionate even when things aren't going well?

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# Waves

SECONDARY



## How to play

- Students play in teams of 3 with 2 teams per court
- Students spread out on the baseline: 1 in the left tramline, 1 in the middle and 1 in the right tramline
- The ball is fed in underarm to start the point
- The team who wins the point starts the next point from the middle of the court
- If that team then wins the next point, they start the third point from the net
- If they win at the net, they score a point for their team. The game then resets and both teams start again at the baseline
- If a team loses a point, they move back a place (except from the baseline), e.g. if they started a point at the net and lost, they start the next point in the middle of the court.

## Suggested Scoring

- If they win at the net, they score a point for their team. The game then resets and both teams start again at the baseline.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Skip the starting point from the middle of the court

## How to make it harder

- Play as a team of 2

## Spirit of the Games



- How did you support everyone on your team to achieve?
- How did you work together on the activity?

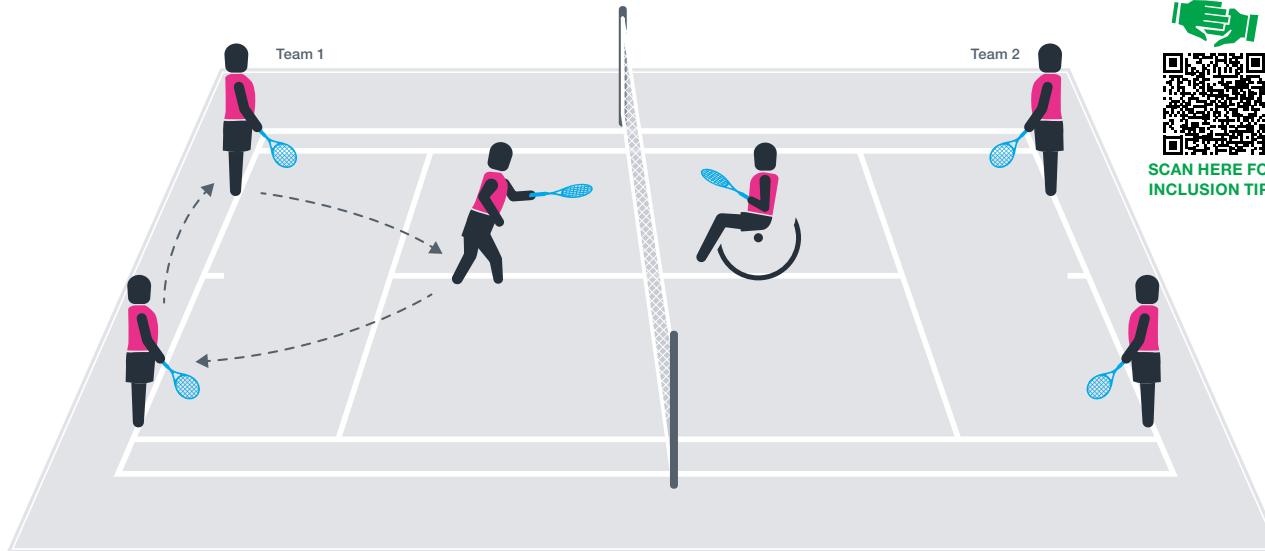


- Why is it important to respect the rules of the game?
- How does being respectful help make the game more fun for everyone?



# Triples

SECONDARY



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## How to play

- Students play in teams of 3 with 2 teams per court
- 2 students start at the baseline and 1 student starts at the net in a volleying position
- The student at the back right position feeds the ball in underarm to start the point and the point is played out.
- The team that wins the point rotates 1 position clockwise
- The student from the winning team who has moved into the back right position feeds the ball underarm to start the next point
- Play first team to 7 points, or the team that has the most points after a set time.

## Suggested Scoring

- First team to 7 points, or the team that has the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it

## How to make it harder

- Both teams rotate one position clockwise after every point

## Spirit of the Games



- How can you show the other team respect during the game?
- What does it mean to be kind to your teammates?



- How do you support your teammates when they make a mistake in the game?
- During the game did you have to change tactics? If so, why?

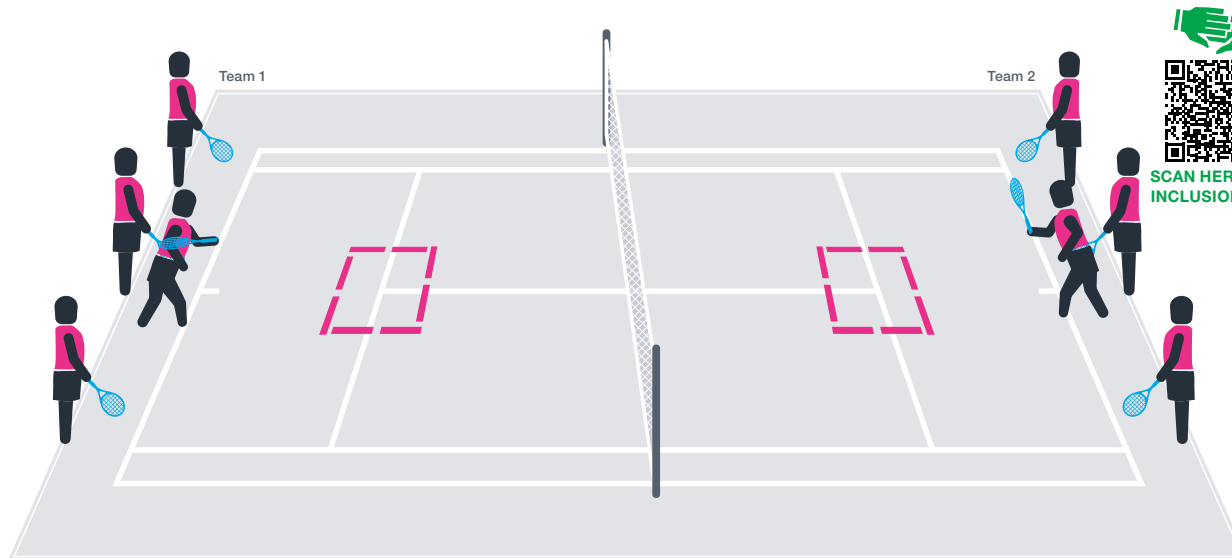
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# Black Hole – Teams

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## How to play

- Students play in 2 teams, with 1 player from each team starting on the baseline
- 2 “Black Holes” are marked in the centre of the court using throw down lines or spots
- The ball is fed into play and the first student from each team play the point out
- If a player hits the ball and it first bounces in the “Black Hole” on the other side of the net, then they automatically lose the point
- The second players from each team play the next point, and so on
- Play first team to 5 points or the team with the most points after a set time.

## Suggested Scoring

- Play first team to 5 points or the team with the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets
- Throw down lines

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Decrease the size of the black holes

## How to make it harder

- Increase the size of the black holes
- Students hit the ball once and rotate off, while the next student comes onto hit the ball, continuing to play the point

## Spirit of the Games



- How did you work together in the game?
- What did your team do well in this game?



- How do you support your team when they make a mistake in the game?
- Did you change tactics during the game and what would you do differently next time?

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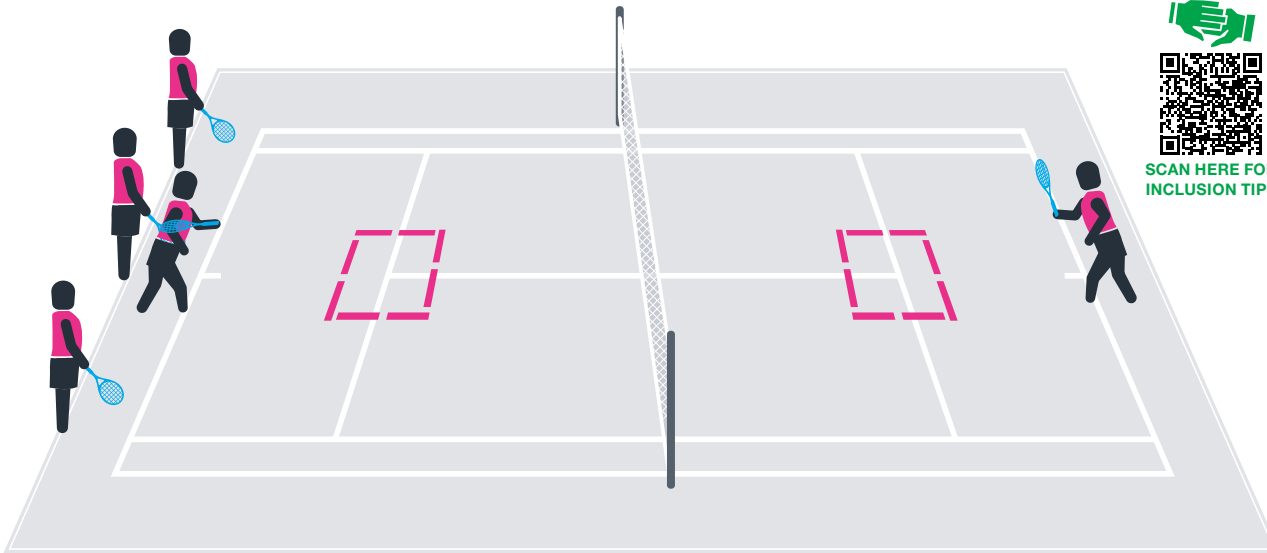
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# Black Hole – Champion

SECONDARY



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## How to play

- Students play singles, with approximately 6 students per court
- 2 “Black Holes” are marked in the centre of the court using throw down lines or spots
- 1 student starts as champion and all other students are challengers
- The first challenger feeds in the ball and the point is played out
- If a player hits the ball and it first bounces in the “Black Hole” on the other side of the net, then they automatically lose the point
- If the champion wins the point they play against the next challenger. If the challenger wins the point they become the champion (swapping ends of the courts) and plays against the next challenger.

## Suggested Scoring

- The champion at the end of a set time wins 5 points for their team.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets
- Throw down lines

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Decrease the size of the black holes
- Challengers become champion after winning one point

## How to make it harder

- Increase the size of the black holes
- Challengers have to win three points to become the champion

## Spirit of the Games



- How does it make you feel when the other player calls the ball out when you thought that it was in? What could you do if this happens?
- You are playing a point, and you are not sure whether the ball lands in or out – what can you do?



- What positive self-talk can you give before the activity to boost your confidence?
- How can believing in your ability to succeed help you perform better?

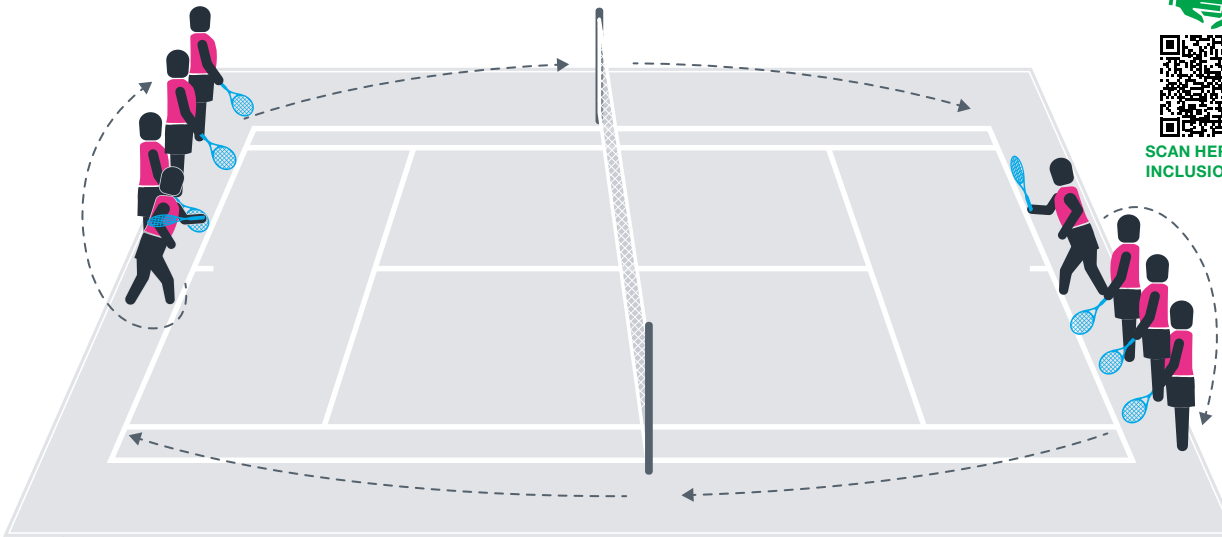
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# Round the World

SECONDARY



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## How to play

- Students play as individuals
- Students start in lines on opposite baselines
- Each student has 3 lives
- A student feeds the ball in underarm and runs down the side of the court to join the back of the opposite line
- Students take it in turns to hit the ball, running to the opposite side after each hit
- If a student misses the ball, hits it out or into the net, they lose a life. When they lose all 3 lives they are out of the game
- When only 4 students are left, play with 2 students at each end and rotate positions after each shot (instead of running to the other end of the court)
- The game is played until there is 1 winner.

## Suggested Scoring

- The winner scores 5 points and runner up scores 3 points for their team.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Increase the number of lives
- After hitting the ball join the back of the line on the same side of the court

## How to make it harder

- Decrease the number of lives
- Only allowed to hit forehands

## Spirit of the Games



- How does self-belief help you overcome challenges?
- How can believing in your ability to succeed help you perform better?



- How did you challenge yourself on this station?
- During the game did you have to change tactics?

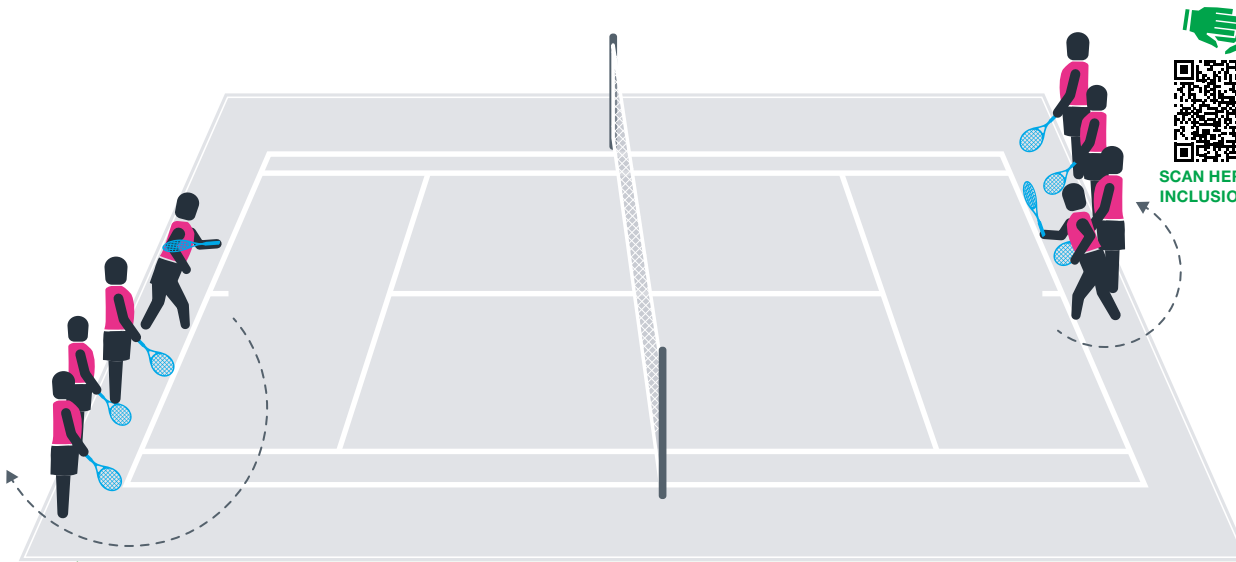
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# Up and Down the Ladder

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## How to play

### Down the ladder

- Students play in 2 teams with up to 5 students per team
- Teams start with players stood at a safe distance behind each other on the baseline
- The ball is fed in underarm by 1 team and the point is played out
- Students take it in turns to hit the ball, rotating to the back of their team after each shot
- The team that lose the point place 1 racket down. The team now have to share the remaining rackets to ensure the player on court has a racket to hit with
- Teams continue to play points, each time the team that loses the point places a racket down
- A team wins when the other team has lost all their rackets.

### Up the ladder

- As above, but the teams start with 1 racket per team
- The team that wins the point gains another racket
- A team wins when each player has their own racket.

## Suggested Scoring

- Winning team scores points for how many rackets they still have it play.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it

## How to make it harder

- The ball must bounce before hitting it
- Give one team a head-start by removing or adding a racket depending on whether you are playing up or down the ladder

## Spirit of the Games



- How can your passion help you and your team stay focused on the game?
- What positive things can you say to your team during the game?

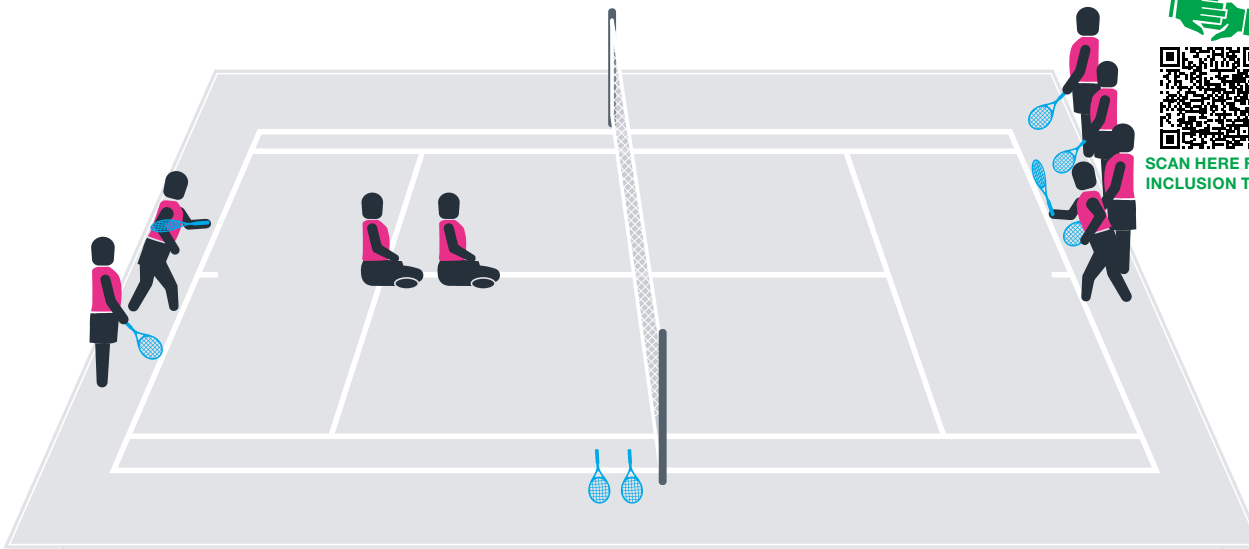


- How did you work as a team to make the game easier?
- Why is it important to communicate with your teammates during the game?



# Bobsled

SECONDARY



## How to play

- Students play in teams with up to 4 students per team
- Teams start with players stood at a safe distance behind each other on the baseline
- The ball is fed in underarm by 1 team and the point is played out
- Students take it in turns to hit the ball, rotating to the back of their team after each shot
- When a team loses a point, the student who lost the point sits in the middle of the court – this is the start of the bobsled
- Teams continue to play points, each time the losing team has a player join the bobsled sitting behind the other students
- The players in the bobsled try to catch the ball before it bounces. If they catch the ball a member of the bobsled can return as a hitter for their team
- If a member of the bobsled is hit by the ball or misses the catch then the team loses the point
- The game is won when all players from the opposing team are sat in the bobsled.

## Suggested Scoring

- Winning team scores 5 points.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it
- If a member of the bobsled touches the ball they return as hitter for their team

## How to make it harder

- Position the bobsled across the court between the net and the service line

## Spirit of the Games



- During the game did you have to change tactics?
- What would you do differently next time?



- How can you encourage your team?
- How can you make everyone feel included in your team?

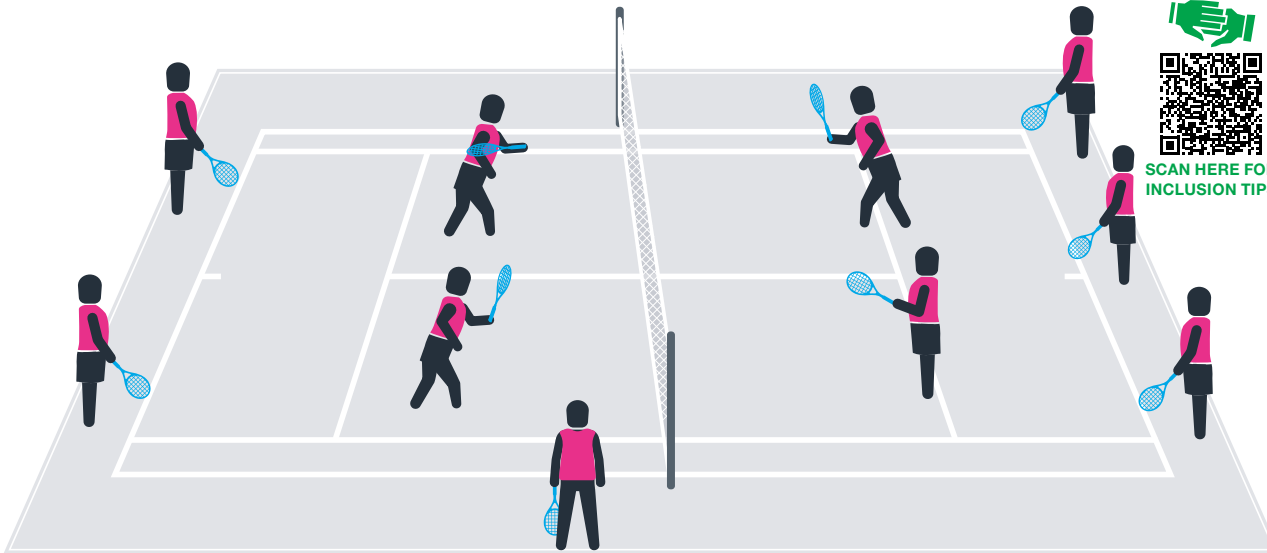
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# Wipeout

SECONDARY



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## How to play

- Students play in teams of up to 5 students
- Teams start on the opposite sides of the net, with students spaced safely around the court
- The ball is fed in underarm from a baseline position and the point is played out
- When the point is won/lost whoever made the mistake comes off the court and the team loses a player (e.g. team 2 is reduced to 4 players)
- The next point is played and whoever makes the mistake moves off the court. If it was a student from team 2, then the team is now reduced to 3 players. However if the mistake was made by team 1, then a student from team 1 comes off and the student from team 2 returns to the court
- If a winner is hit, rather than a mistake made, the student who hit the winner can select a member of the opposition to go off court
- The aim is to “wipeout” the opposite team by removing all their players from the court.

## Suggested Scoring

- Winning team scores 5 points.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Once a student is off court they can't return to court until a new game is started

## How to make it harder

- Don't let the ball bounce

## Spirit of the Games



- If you are not playing, how can you support the players who are?
- How can your passion help you and your team stay focused on the activity?

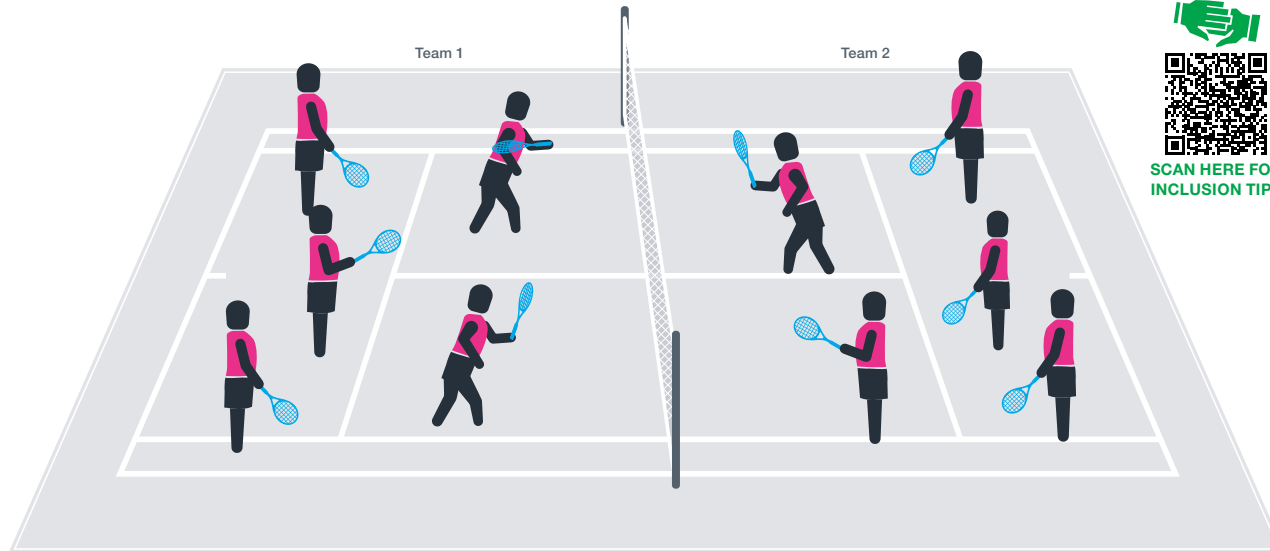


- What does it mean to be kind to your teammates?
- Why is it important to respect the rules of the game?



# Volleyball

SECONDARY



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INCLUSION TIPS

## How to play

- Students play in 2 teams with up to 5 students per team
- Students spread out across the court
- The ball is fed underarm from a player at the baseline and the point is played out
- The ball can only bounce once on a team's side of the court
- Students can tap the ball to another team member
- Teams are allowed 3 touches then it must be hit over the net
- Students can not hit the ball twice in a row
- The first team to 15 points wins.

## Suggested Scoring

- The first team to 15 points wins, or the team that has the most points after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow more than 3 touches on each side

## How to make it harder

- The ball isn't allowed to bounce at all
- Play with less students per team

## Spirit of the Games



- During the game did you have to change tactics?
- What would you do differently next time?



- How did you work as a team to achieve?
- Why is it important to communicate with your teammates during the game?

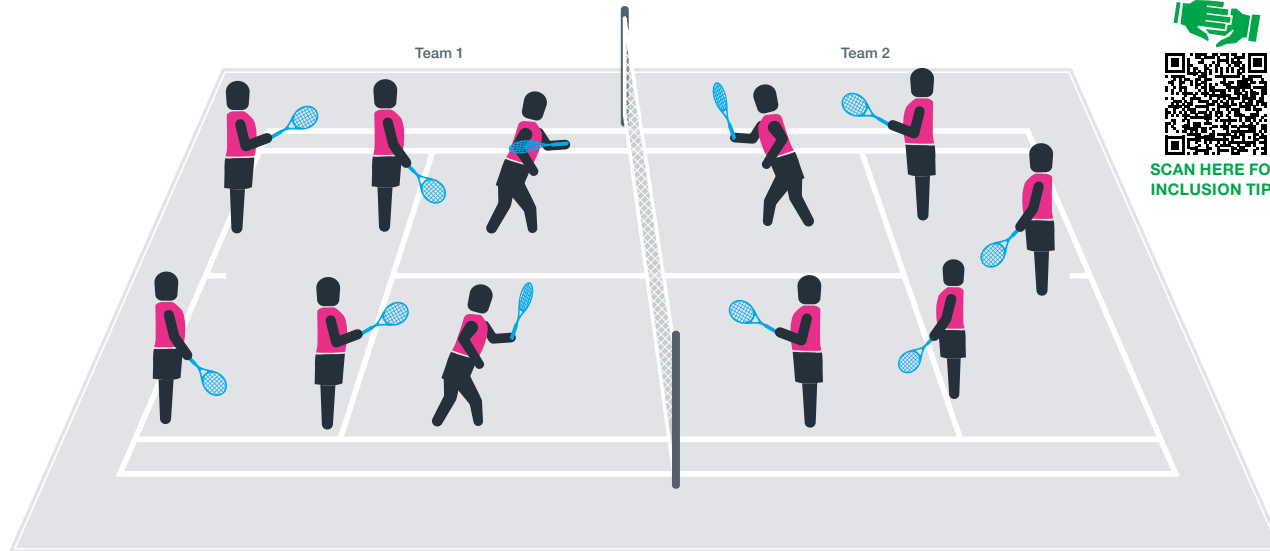
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# Coffee Pot

SECONDARY



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## How to play

- Students play in 2 teams with up to 6 students per team
- The game is played using the court and the surrounding area
- The ball is fed in underarm and becomes live
- The ball is allowed to bounce multiple times and can be tapped between the team before going over the net
- The ball must first bounce in when it goes over the net
- The aim of the game is to keep the ball live. If the ball rolls on the floor it is no longer live and the point is won/lost
- Play first team to 5 points, or the team that has the most point after a set time.

### Adaptation

- Play with more live balls at the same time, e.g. start by feeding in 3 live balls. Teams try to keep all balls live on their side of the net. If a ball rolls it is no longer used, and the point continues with the live balls. A team could score up to 3 points in an individual point.

### Suggested Scoring

- Play first team to 5 points, or the team that has the most points after a set time.

### Safety

- Ensure adequate space between and around the courts.

### Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

### Space required

- 1 red tennis court.

### Estimated set-up time

- 2 minutes.

### Difficulty level



### How to make it easier

- Play with less students per team

### How to make it harder

- Play with more live ball at the same time e.g. start by feeding in 3 live balls. Teams try to keep all balls live on their side of the net. If a ball rolls it is no longer used, and the point continues with the live balls. A team could score up to 3 points in an individual point

### Spirit of the Games



- How can you encourage your team?
- How can you make everyone feel included in your team?



- How can you celebrate your team's successes?
- How do you share your enjoyment of tennis with your friends?

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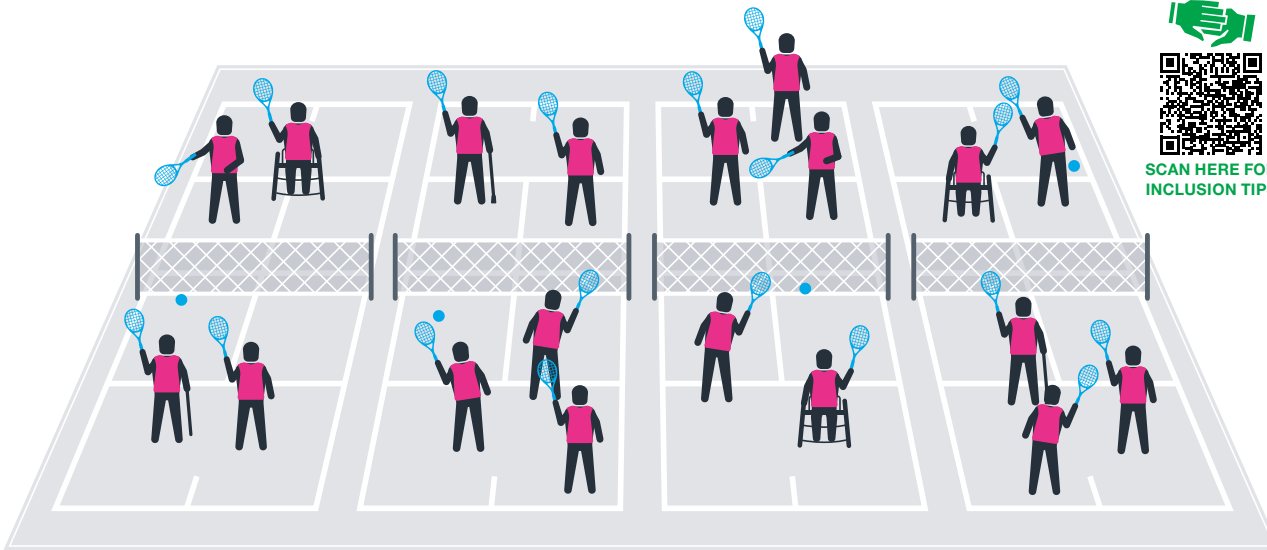
SCHOOL  
GAMES





# Texas 4 Court

SECONDARY



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## How to play

- Students play in 2 teams and spread out on their side of the nets across the space available
- The game works best in a 4 court sports hall
- Barrier tape or additional nets can be used to create a net across the entire space
- Every student starts with a ball
- On “Go” all the students hit their ball over the net, and the balls are all now live
- The aim of the game is to keep the ball live. If the ball rolls on the floor it is no longer live
- As soon as the ball rolls, it must not be touched
- The game is stopped when the final ball rolls
- Each team counts all the balls that are on their side of the net
- The team with the fewest number of balls wins.

## Suggested Scoring

- The team with the fewest number of balls wins 5 points or the difference between the number of balls on each side is the number of points scored.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 4 red tennis courts.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Reduce the number of students that start with a ball

## How to make it harder

- Play over a bigger space
- Play with less students per team

## Spirit of the Games



- How can your passion help you and your team stay focused on the activity?
- How can you stay passionate even when things aren't going well?



- How does being honest make the activity more fun for everyone?
- How can you encourage others to be honest when taking part?

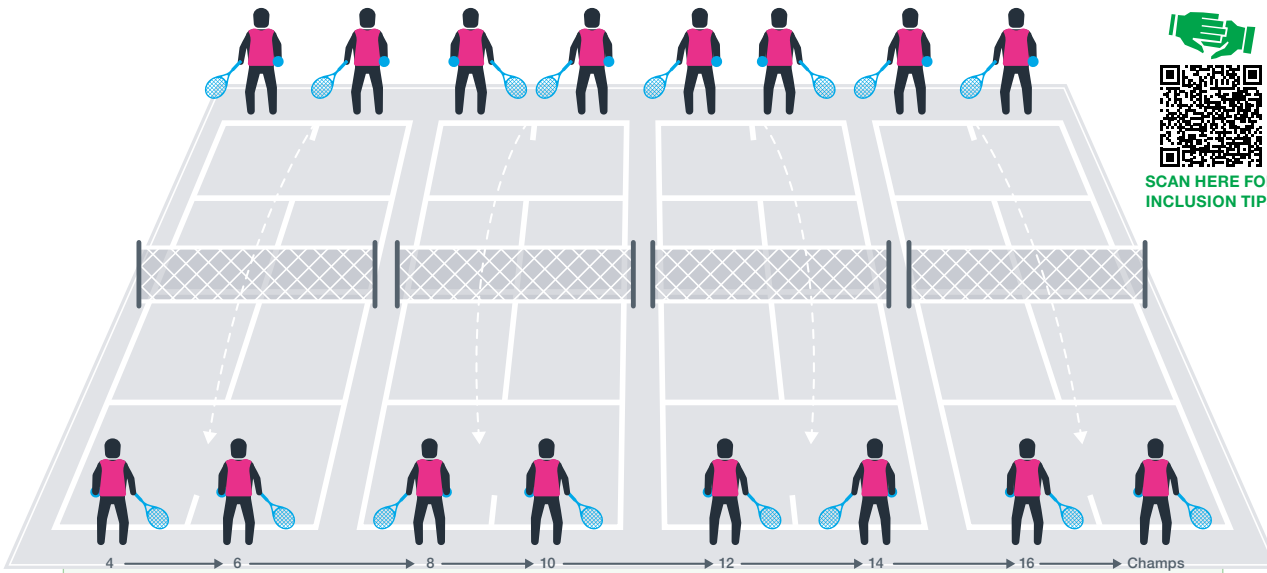
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# Bump

SECONDARY



## How to play

- Students play in pairs in a half court
- Identify a target number for each half court increasing up the courts e.g. 4, 6, 8, 10
- The target number is the number of shots that pairs will try to achieve in a rally
- When a pair reaches the target number, they call out “Bump”. They then move up, swapping places with the pair on the half court next to them, who move down
- If 2 teams called out “Bump” at the same time, they both move up
- The pair at the top half court are the champions and aim to achieve the highest rally they can
- Play for a set amount of time.

## Suggested Scoring

- Each teams scores the number of points that match their target number where they are on court after a set time.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 4 red tennis courts.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- When a pair call out “Bump” all pairs stop and the everyone restarts at the same time
- Rally using volleys

## How to make it harder

- Start with higher target numbers
- Rally with only forehands or only backhands

## Spirit of the Games



- How can you encourage others to be honest when taking part?
- How can honesty help build trust with your partner?



- How did you work as a team to make the game easier?
- Why is teamwork important?

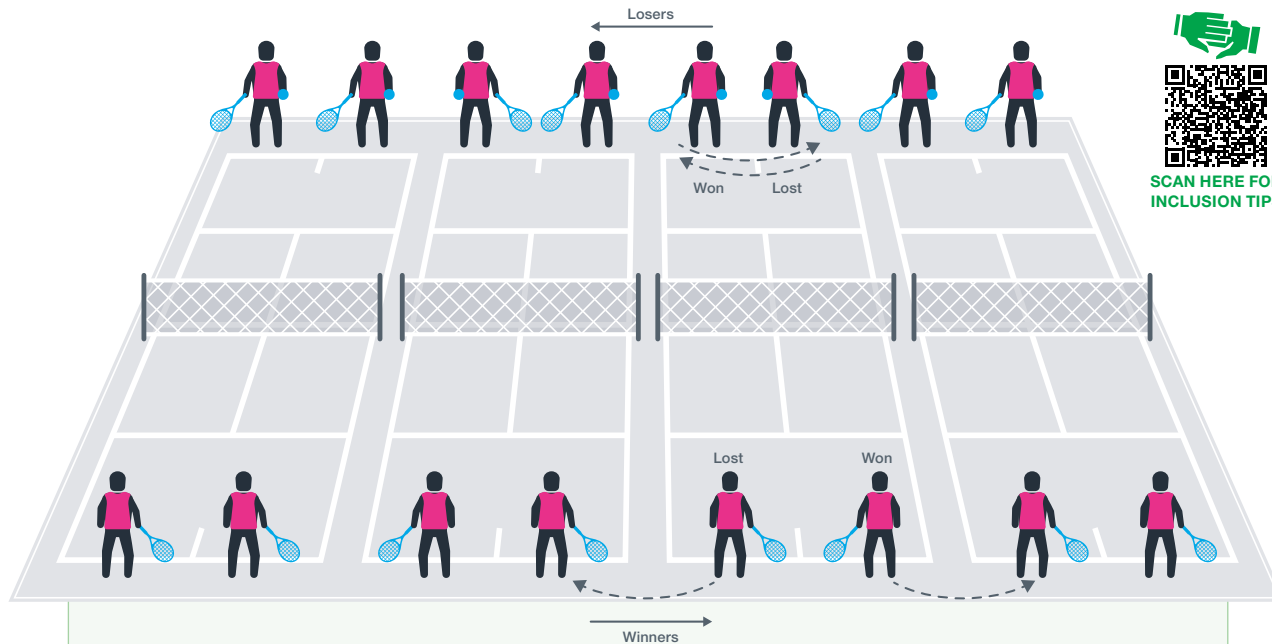
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# Snakes & Ladders

SECONDARY



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## How to play

- Students play half court singles
- Identify the top and bottom courts of the ladder
- Play timed matches
- At the end of the set time all students who won their match move up to the next half court. The student who won at the top of the ladder remains on that court
- All students who lost their match slips down to the next half court. The student who lost at the bottom of the ladder remains on that court
- If it is a draw at the end of the set time then play a final deciding point.

## Adaptation

- At the start of each round a new rule can be added, e.g. players must serve overarm or the server must come into the net after serving.

## Suggested Scoring

- At the end of the set time all students who won their match move up to the next half court and score 5 points.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 4 red tennis courts.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Allow the ball to bounce twice before hitting it
- The winner at the top of the ladder starts with -1 point

## How to make it harder

- At the start of each round a new rule can be added. E.g. players must serve overarm, or the server must come into the net after serving

## Spirit of the Games



- Why is it important to believe in yourself, even when you think others might doubt you?
- How does self-belief help you overcome challenges?



- Why is it important to respect the rules of the game?
- How does being respectful help make the game more fun for everyone?

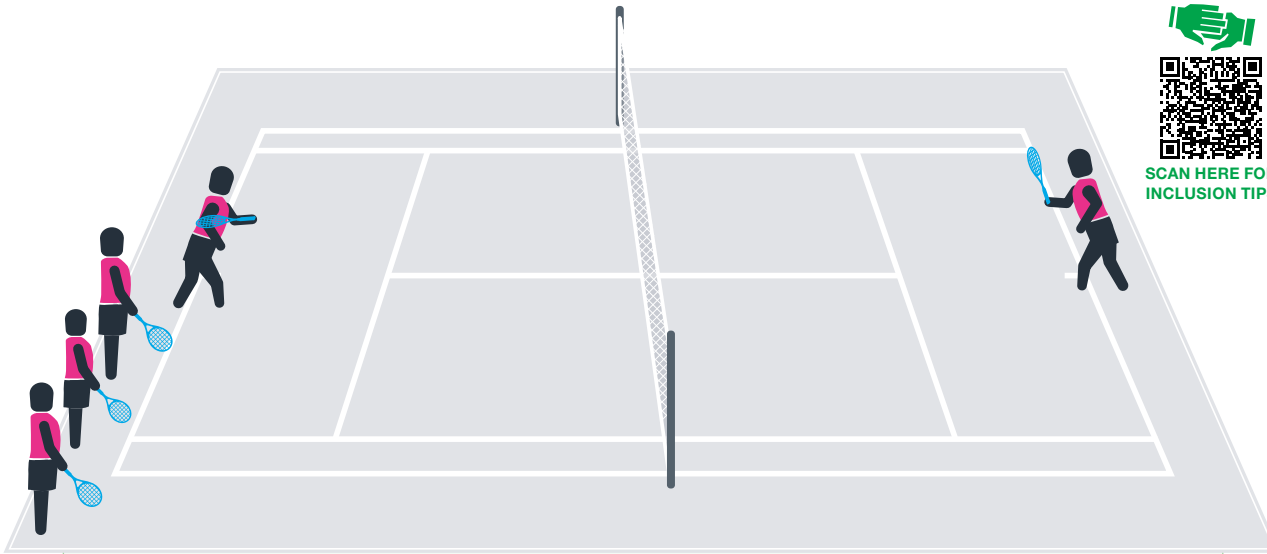
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# Champion of the Court – Singles

SECONDARY



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## How to play

- Students play singles with up to 6 students per court
- 1 student starts as champion
- All other students are challengers on the other side of the court and take it in turns to play against the champion
- The challenger feeds the ball underarm to the start the point and the point is played out
- If the challenger wins the point they become the champion
- If the champion wins the point they play against the next challenger.

## Adaptations

- The point can be started with an overarm or underarm serve into the diagonal service box
- Challengers need to win 3 points to become the champion. Challengers continue to take it in turns and swap after playing 1 point
- The game is played across several courts with a champion on each court. Challengers can move between courts and chose which champion they play against.

## Suggested Scoring

- The champion at the end of a set time scores 5 points for their team. Bonus point for every point won whilst being the champion.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Play across several courts with a champion on each court. Challengers can move between courts and chose which champions they play against

## How to make it harder

- Start the point with an overarm or underarm serve into the diagonal service box
- Challengers need to win 3 points to become the champion. Challengers continue to take it in turns and swap after playing 1 point

## Spirit of the Games



- How does it make you feel when your opponent calls the ball out when you thought that it was in? What could you do if this happens?
- In tennis, players keep their own score – how can you and your opponent make sure you agree on the score after every point?



- You won a tough match! How can you show your opponent respect at the end of the match?
- We all have a bad day on court when nothing seems to be going right – how can you show yourself respect on days like these?

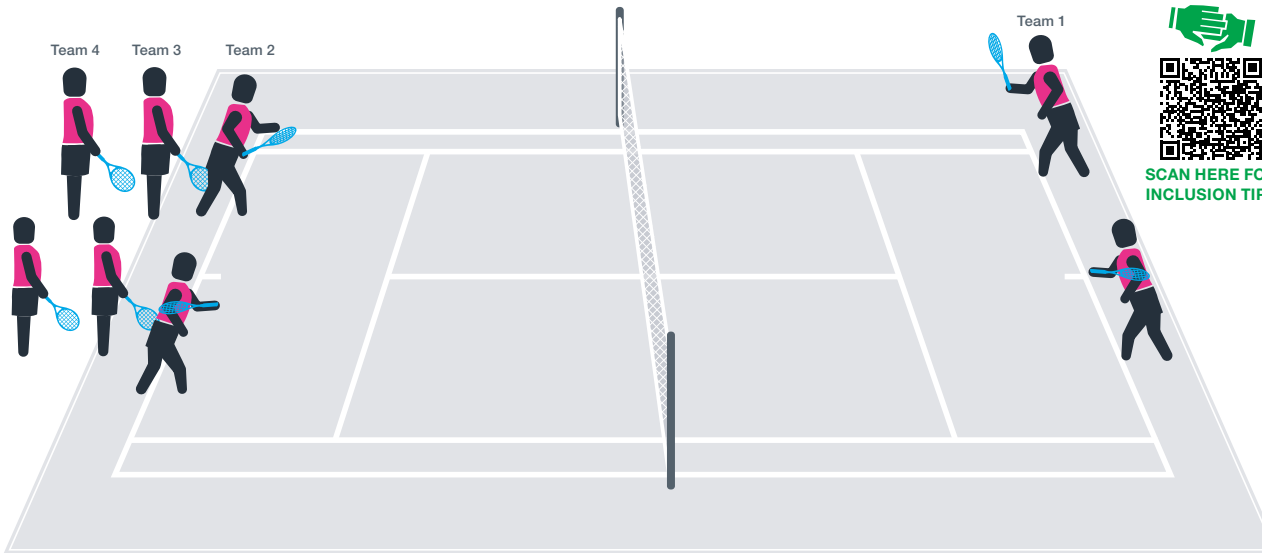
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# Champion of the Court – Doubles

SECONDARY



## How to play

- Students play in double pairs with up to 4 pairs per court
- 1 pair start as champions
- All other students are challengers on the other side of the court and take it in turns to play against the champion
- The challenger feeds the ball underarm to the start the point and the point is played out
- If the challenger wins the point they become the champion
- If the champion wins the point they play against the next challenger.

### Adaptations

- The point can be started with an overarm or underarm serve into the diagonal service box
- Challengers need to win 3 points to become the champion. Challengers continue to take it in turns and swap after playing 1 point
- The game is played across several courts with a champion on each court. Challengers can move between courts and chose which champion they play against.

## Suggested Scoring

- The champions at the end of a set time scores 5 points for their team. Bonus point for every point won whilst being the champions.

## Safety

- Ensure adequate space between and around the courts.

## Equipment required

- Tennis balls
- Tennis rackets
- Tennis nets

## Space required

- 1 red tennis court.

## Estimated set-up time

- 2 minutes.

## Difficulty level



## How to make it easier

- Play across several courts with a champion on each court. Challengers can move between courts and chose which champions they play against

## How to make it harder

- Start the point with an overarm or underarm serve into the diagonal service box
- Challengers need to win 3 points to become the champion. Challengers continue to take it in turns and swap after playing 1 point

## Spirit of the Games



- How does it make you feel when your opponent calls the ball out when you thought that it was in? What could you do if this happens?
- In tennis, players keep their own score – how can you and your opponent make sure you agree on the score after every point?



- You won a tough match! How can you show your opponent respect at the end of the match?
- We all have a bad day on court when nothing seems to be going right – how can you show yourself respect on days like these?