

01

Module: **COMM(UNITY)**

Learning Outcome:

To develop young people's knowledge of the meaning community

Key Words:

Unity, Togetherness, Teamwork

Equipment Needed:



Bibs



Balls



Activity:

Deliver a series of tennis teamwork games.

Shoulder to shoulder – get in to small groups; in a line place a tennis ball in-between their shoulders and race against other teams without dropping any.

Catch the bib – in 2 teams, make a circle and one person from each team tucks a bib into the back of their t-shirt. Rotate the circle to catch the other teams bib while protecting their own.

Serves Coaching Tips:

Ask teams to discuss the strategies they used during the games and what made them successful/unsuccessful.

Link this to formal questions about:

- Why is togetherness important in a community?
- Do they have close relationships with their neighbours?
- Ask for examples of events and celebrations that take place in their communities and how they make them feel?

TOP TIP:

Ask the group to create a team celebration action!

Module: **INTERNATIONAL ELEVATOR**

02

Learning Outcome:

To improve young peoples' understanding of valuing diversity

Key Words:

Diversity, Multicultural, Belonging

Equipment Needed:



Rackets



Balls



Tennis
Nets



Activity:

Set up as many mini tennis courts as the space allows and ask the group to get into pairs. Each pair must select a country to represent, this must be a country they know is represented in their community and each pair **MUST** have a different country. Each pair then plays against another pair and the first to 10 points wins. The winners move up to the next court while the losers stay where they are.

Serves Coaching Tips:

Ask the group to ensure they shake hands with one another to show they value each other.

Link this to formal questions about:

- When they were selecting countries how did it make them feel?
- What do they think of how many countries are represented?
- Why is diversity a positive attribute of our community?

TOP TIP:

Ask each pair to take part in the 'line up' video. Like professional sports people they walk towards the camera, say their name, country and something they are proud of about their chosen country.

Module: **THE EXCHANGE**

03

Learning Outcome:

To develop young people's understanding of integration

Key Words:

Inclusion, Connecting, Social Network

Equipment Needed:



Rackets



Balls



Tennis
Nets



Activity:

One Serves site visits another Serves site to play a friendly tennis tournament.

Serves Coaching Tips:

Tennis Activators organise the exchange with a group from a different community to create a platform to discuss integration with the group.

Ask the young people:

- What they think integration means?

TOP TIP:

Empower young people to think about how they want to represent themselves and welcome the other group.

04

Module: **BIAS BINGO**

Learning Outcome:

To challenge young people's perception of members of their community

Key Words:

Stereotypes, Open-minded, Gender

Equipment Needed:



Bias Bingo
Card



Activity:

Divide the group into small groups and provide each group with the Bias Bingo grid that contains 12 pictures of tennis players and unrecognisable people and 12 statements. The group that believes they have matched the 12 statements with the right pictures correctly shouts 'Bingo' and everyone must stop. The group with the most correct wins.

Serves Coaching Tips:

Ask the group to tell you who was on the grid and what each person does?

Link this to formal questions about:

- How did they feel when they learned what statements belonged to which picture?
- Ask them examples of characters in their communities that stand out and why?

TOP TIP:

Ask the groups to develop a positive slogan about people in their communities, pick a winner and award a prize!

Module:
**TENNIS
TOLERANCE**

05

Learning Outcome:

To improve young people's level of tolerance

Key Words:

Generational, Gender, Faith and Ethnicity, Acceptance

Equipment Needed:



Balls



Rackets



Tennis
Nets



Distraction
Equipment



Activity:

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

Serves Coaching Tips:

Ask the group how the distraction made them feel?

Link this to formal questions about:

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

TOP TIP:

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

06

Module: **ADVANTAGE**

Learning Outcome:

To develop their understanding of the barriers that different people in the community face

Key Words:

Support, Understanding, Kindness

Equipment Needed:



Ball
(different
colours)



Buckets



Rackets



Hoops



Activity:

Place 2-4 buckets and hoops on one end of a tennis court and divide the group into 5 groups and ask them to stand on the different assigned throw downs on the other side of the court. Some are closer to the bucket and hoops and some further away. Each group must hit the tennis balls into the buckets or roll the tennis balls into the hoops and the accumulate points. The group with the most points at the end of the assigned time wins.

Serves Coaching Tips:

Ask the group to discuss how they felt about where they were placed and what was their attitude to the game?

Link this to formal questions about:

- What barriers can some people in our communities face?
- What advantages can some people in our communities have?
- How can we support both as we are all trying to reach the same goal?

TOP TIP:

At the end of the session challenge the group to score as much as they can as a team from one area to encourage the understanding of the session.

Module: **STRONG COMMUNITIES**

07

Learning Outcome:

To support young people to discuss changes they want to see in their community

Key Words:

Change, Pride, Progress

Equipment Needed:



Stopwatch



Variety of Tennis
Equipment



Activity:

Divide the group into teams of 4-6. Challenge each team to build the highest tower using the tennis equipment provided within 2 minutes, but as each person places an item on the tower they must name something they don't like in their community. At the end an opposite group throws tennis balls at another team's tower and times how long it takes to break it down. Repeat this game, but now challenge each team to build a strong tower that can withstand being hit by a tennis ball. As each person places an item they must name something they like about their community. Again at the end, time how long it takes to break the towers down.

Serves Coaching Tips:

Ask the groups to share or discuss what they didn't like in their community and then what they did like. Link this to formal questions about:

- Ask the group to name things that make a community strong?
- What would they like to change about their community?
- How could they help make these changes?

TOP TIP:

Use this session to get the group thinking about their Tennis Foundation Community Day activities!

Module: **COMMUNITY RALLY**

08

Learning Outcome:

To improve young people's ability to discuss social issues in their communities

Key Words:

Faith and Ethnicity, Inclusion, Support

Equipment Needed:



Rackets



Balls



Tennis
Nets



Activity:

Set up as many mini tennis courts as the space allows and ask the group to stand opposite an opponent. The Tennis Activator poses a statement about community cohesion, one side of the court must argue in favour of the statement and the other side against while playing a rally. They can only hit the ball if they have something to say. Whoever wins the rally, wins the debate.

Serves Coaching Tips:

Ask the group how they felt about debating while trying to win a rally?

Link this to formal questions about:

- Did they feel strongly about any particular social issues and why?
- Do they know who their community's political party is?
- Why is it important to debate issues in a fair way?

TOP TIP:

At the end ask group to select a representative to enter the 'debate off' and have a final rally with the 'for' and 'against' teams providing encouragement.

Module: **ROUTE TO HAPPINESS**

09

Learning Outcome:

To develop young people's appreciation for the positive aspects of their communities

Key Words:

Faith and Ethnicity, Culture, Giving back

Equipment Needed:



Signage



Variety of Tennis
Equipment



Activity:

Before the group arrive locate the signs all over the venue in obvious and non-obvious places.

Create a tennis obstacle course. Divide the group into 4-6 teams. In silence each member of the team must complete the obstacle course and when they return to the group they must tell them what they think is the secret to a happy community. The first group to complete the obstacle course wins.

Serves Coaching Tips:

As the group what they were focusing on while doing the obstacle course?

Link this to formal questions about:

- What they think makes a happy community?
- Do they appreciate everything their community has to offer?
- What makes your community unique?

TOP TIP:

Include further distractions in the obstacle course using members of the group to really challenge people!