

CARDIO TENNIS

SECONDARY SCHOOLS

Introduction



INTRODUCTION

Cardio Tennis is a high energy fitness lesson combining tennis with cardiovascular exercise. It can be delivered as part of the curriculum or as an extra-curricular activity or both as there is plenty of content.

Cardio Tennis participation within the community is predominantly females and the resources have been written with a female audience in mind. The schools resources have been adapted and are specifically, but not exclusively, good for teenage girls.

We've created 6 lesson plans based on tactical themes to help teachers deliver Cardio Tennis. There are accompanying videos of each activity so teachers can see what the drills look like in practice. The 6 Cardio Tennis themes are:

- **Baseline Warrior**
- **Get Into Win**
- **Got It Covered**
- **Serve and Return**
- **Working Together**
- **Putting It All Together**

Teachers can select the drills and activities that best suit their students, the time and space available and adapt the plans accordingly.

Each lesson follows the same structure: a warm up, then an introduction of the theme and key tennis shots, drills, followed by conditioned points, and a cool down to finish.



CORE COMPONENTS

1

USE LOW COMPRESSION BALLS

This allows students of all abilities to achieve success. If delivering on a full tennis court, Orange or Green balls are recommended. If delivering on a Red or badminton court, Red or sponge balls are recommended.

2

MONITOR HEART RATES

Cardio Tennis is designed to improve both fitness and tennis skills and therefore students should be working within their cardio zone of 65% to 85% of their maximum heart rate. It's recommended that this is introduced right at the very start of the scheme of work so that students know how many beats per minute they should be aiming to work at during the lesson. Build in regular heart rate checks throughout each lesson, so students can adjust their work rate accordingly. This can be done either manually or through wearable technology.

3

INCLUDE SIDELINE ACTIVITIES

We've worked with a Strength and Conditioning expert to design the body conditioning activities. Utilise the sideline activities to optimise the rotation through the circuit for each drill, ensuring that all students are active all of the time. Optimum numbers are 10-12 students per court, and there will need to be at least 5 students per court for the drills to work. Rotations through the drills and the number of sideline activities there are, can be adapted based on the number of students you have per court or in the class as a whole.

4

ALWAYS HAVE MUSIC PLAYING

This creates the atmosphere of a group exercise session and keeps energy levels high. Make sure the playlist is upbeat and appealing to the students.

The lesson plans are written with a large class size in mind and therefore students are feeding the ball to each other and the rotations factor this in.

Where class sizes are smaller teachers could do all the feeding and students rotate between hitting and the sideline activities.

With high energy delivery and the emphasis on fitness, Cardio Tennis is an excellent way to engage a wide range of students.

