

TENNIS: TARGET SHOOTING

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to get as many balls in the target as possible in 60 seconds

HOW TO PLAY:

1. Set a target, this could be a bucket, clean bin or recycling box
2. Take 3 big steps back from the target and set a marker
3. Using a racket, try to hit the ball into the target
4. Run and collect your ball after each shot and return

EQUIPMENT

- If you do not have a racket you can use your hands, frying pan or baking tray
- Use an item to mark where you will stand to take the shots
- A ball, or rolled up socks
- Create a target using clothes to form a circle
- Timer, stop watch or clock

ADAPTATIONS FOR AGE / ABILITY

- Bigger or smaller target
- Stand closer or further away from the target
- Larger or smaller ball
- Use your hands instead of a racquet
- Use bean bags instead of a ball
- Bounce the ball before hitting it at target

PLAY THE VIDEO

Watch how the game is played [here!](#)

SAFETY

Ensure playing area is safe and clear

If someone is helping you, make sure they are clear of the area before you start the game



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SCORING

Your score is the total amount of times you can put the ball in the target in 1 minute

TIPS

- Be quick when regathering your ball
- When following through with your shot, make sure the racket points to where you want the ball to end up for accuracy

BONUS POINTS:

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games



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