



Norfolk Virtual School Games Primary Personal Challenge

Challenge Three – Tap up Tennis

Tap Up Tennis

60 Second Challenge

Could you ask for help if you find the challenge hard?

How many times can you tap up a tennis ball on a racket in 60 seconds?

If the ball touches the floor, time continues but your score freezes until you start tapping again.

Use a racket and a ball
If you do not have a racket and ball, use a frying pan and a pair of socks!

Increase the time by 30 seconds! But...
you must flip your racket over after each tap.

Play with a partner. Partner 1 throws the ball and partner 2 taps the ball back to partner 1. Each catch counts as 1 point.

Achieve Gold

60 tap ups

Achieve Silver

45 tap ups

Achieve Bronze

30 tap ups

Instructions

- Collect a ball, tennis racket and stand in a space.
- See how many times you can tap your tennis ball up and down on your racket?
- If the ball touches the floor, time continues but your score freezes until you start tapping again.

How to Score

- Record pupils first attempt at the challenge.
- Allow pupils time to practice the skill
- Record pupils second attempt to see if they have achieved a personal best.
- Schools- How many pupils achieved a bronze, silver or gold medal for Tap up Tennis?