

# TENNIS: CONTINUOUS RALLY

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

## ACHIEVE THE CHALLENGE:

The aim of the challenge is to achieve as many continuous shots as possible in a rally in 2 minutes

## HOW TO PLAY:

1. Stand 3 long strides away from a wall
2. Use a racket to hit the ball against the wall as many times continuously as possible without the ball falling on the ground

## EQUIPMENT

If you do not have a racket or tennis ball, you can use any of the following:

- Frying pan
- Baking tray
- Use your hands instead
- Larger soft ball
- Foam ball
- Timer e.g. stop watch, phone, clock

## ADAPTATIONS FOR AGE / ABILITY

- Stand closer or further away from the wall
- Use a larger soft or smaller ball
- Roll the ball using your hands if rallying with a racket is difficult
- Improvise a racket with a frying pan or baking tray

## PLAY THE VIDEO

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

## SAFETY

Ensure playing area is safe and clear

If you are substituting equipment for household items, do not use anything with a sharp edge that could cause injury



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## TIPS

- Try to make contact with the ball with your racket in front of you
- Stay light on your toes
- Hold the racket with both hands if you find this helps make it easier to control

## SCORING

Your score is the total amount of times you can hit the wall without the ball dropping in 2 minutes

## BONUS POINTS:

Bonus points can be achieved by tagging us on Facebook @CornwallSchoolGames with any of the following:

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



Don't forget to include your name, school & year group in your posts so we know who you are!

