



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Tennis
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Challenge 1 Title	Volley Rally
Challenge Description	Standing 2 or 3 metres away from a partner, get the longest volleyed rally you can in 5 minutes .
Scoring	<p>Every returned volley equals a point. For example, a rally of 1 is 1 point, a rally of 10 is 10 points, a rally of 30 is 30 points etc. If the ball hits the floor, start counting again.</p> <p>You have 5 minutes to record your longest rally.</p> <p>The maximum score on this challenge is 100.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	If you don't have a racket and ball, you can make a ball of socks and use a frying pan, a book, or even just your hand.
Adaptation for Inclusivity	This challenge can be done seated. You can use 2 hands on the racket.
Coaching Tips	<ol style="list-style-type: none">1. Be ready, on your toes and alert2. Watch the ball onto the strings (or frying pan)3. Prepare (take back the racket) early and hit all the way through the shot with control4. Light feet, on your toes to get into the right position

Submit your scores at www.sussexschoolgames.co.uk before midday (12pm) on Friday.



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Challenge 2 Title	Double Catch
Challenge Description	With a partner standing at least 2 metres away, each throw a tennis ball to each other, at the same time. This will test your coordination and reaction speed. How many can you do in 1 minute ?
Scoring	1 point for every time both people catch the balls. How many can you do in 1 minute .
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	If you don't have a ball, you can use rolled up socks.
Adaptation for Inclusivity	This challenge can be done seated.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Two fingers and a thumb on the ball2. Step forward at release, opposite foot to hand3. Keep eye on the ball coming towards you, following the flight of the ball4. Balls need to be thrown at the same time to each other. Talk to your partner to help with timing

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Challenge 3 Title	Forehand Dropshot
Challenge Description	<p>Place an A4 piece of paper (or something of that size) on the ground, 5 metres in front of you.</p> <p>With an underarm, forehand dropshot, see how many times you can hit the paper target in 5 minutes.</p> <p>You must use the same single ball, so your speed to retrieve the ball and get back to the starting point will influence your score.</p>
Scoring	<p>Every time you hit the paper target from 5 metres, you get 1 point.</p> <p>You have 5 minutes to get as many points as you can.</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	<p>If you don't have a racket and ball, you can make a ball of socks and use a frying pan, a book, or even just your hand.</p> <p>If no tape measure or ruler is available, then an A4 piece of paper is approx. 30cm in length. This could be used to create your own measuring tool if you have an object of greater length. For example, a towel may measure 3 and a half A4 pieces of paper in length which would equate to 105cm.</p>
Adaptation for Inclusivity	<p>This challenge can be done seated.</p> <p>You can use 2 hands on the racket.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Watch the ball onto the strings (or frying pan)2. Make contact in front of you3. Hit the ball from low to high

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Challenge 4 Title	Fan Footwork Drill
Challenge Description	<p>Set up 6 cones as per the diagram below. The colour of the cones doesn't matter.</p> <p>Place 5 balls at the centre point (the red cone on the diagram)</p> <p>Starting at the centre point, pick up a ball and place it on the cone on your right (blue on the diagram), and then return to the centre point as quickly as you can.</p> <p>Collect the next ball and place it on the far right cone (green on the diagram), then run backwards to return to the centre point.</p> <p>Collect the next ball and place it on the cone in front (purple on the diagram), then run backwards to return to the centre point.</p> <p>Collect the next ball and place it on the far left cone (yellow on the diagram), then run backwards to return to the centre point.</p> <p>Collect the final ball and place it on the cone on your left (orange on the diagram), and then return to the centre point.</p> <p>Complete this full sequence as quickly as you can. The movements are similar to that of playing tennis, running side-to-side, forwards and backwards.</p> <p>The clock starts when you pick up the first ball, and stops when you've returned to the centre point for the final time.</p> <p>You must move laterally, always keeping your body facing forwards, as you would when playing tennis. The ball must stay on the cone to count.</p>



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Scoring	<p>Record your quickest time to the nearest whole second.</p> <p>Your time will be ranked against other competitors at the end of the competition, and you will be awarded points depending on your position. The top 10% in each category will be awarded 50 points, 11-20%: 48 points, 21-30%: 46 points etc.</p>
Video Example	<p>Click here for video</p>
Suggested Adaptations for Space/Equipment	<p>If you don't have cones and tennis balls available, you can always use shoes as the targets, and rolled up socks as the balls.</p> <p>If you don't have the space available, you can half the distances but do the sequence twice, with double the number of balls, knocking the first ball off of the cone when you place the second.</p>
Adaptation for Inclusivity	<p>This challenge can be done in a wheelchair, or shuffling between cones on your bottom.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Take short, sharp, quick steps2. Keep your knees bent to maintain a low centre of gravity- it'll help you change direction quickly3. Be quick to react and move on to the next ball as soon as the last one is placed



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Scorecard

Name	
School	
Year Group	
Sport	
Challenge 1 Score	
Challenge 2 Score	
Challenge 3 Score	
Challenge 4 Score	

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