



Lincolnshire School Games Virtual Events

Primary Tennis: *Volley Rally*

You can submit your entries from Monday 25th May through to Friday 5th June 2020.

Important information

1. This challenge can be done on your own but also with a partner if you have a sibling or adult living in your own household that can take part with you.
2. Watch the videos in the link to show you what to do.
3. Try it as many times as you want and submit your best score.
4. Video your attempts as we may need to see you

Equipment needed

- Tennis racket or similar (see video)
- Tennis ball or similar (see video)
- A camera/phone to video your attempts

Inclusive! How can you get involved?

Space

Approx 4 or 5 meters
You must be 2m apart but you can go further to make it harder.

Task

Wheelchair users can try the challenge seated.

Equipment

In the video we will show how you can vary the equipment.

People

Can be done solo or you can use a partner living in your house if you have permission to video them.

To submit your content, click [HERE](#) or scan the QR code below



How?

[Android](#)

[iPhone](#)

Click here to see how to share content via your [Android](#) or [iPhone](#) device

Keeping young people active



All of the information that you need can be found here:

<https://youtu.be/J3PC10qvx9U>

Or Scan the QR code to the left

Have you checked our safeguarding advice?

Click or scan here for more information

#StayHomeStayActive

#LincsVirtualSchoolGames



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