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	**Task**
Approx 4 or 5 meters. You must be 2m apart but you can go further to make it harder.	*Wheelchair users can try the challenge seated.*
Equipment	**People**
In the video we will show how you can vary the equipment.	*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