



TENNIS BINGO

Cross off the skill once you have completed it. An adult must witness and sign off your sheet. All entries will be entered into a draw to win a tennis racket. Send a photo of full house to the details below. Use a pan if you haven't got a racket. Check out <https://youtu.be/PugM9dm1h-o> for help.

NAME: _____ SCHOOL: _____ AGE: _____

Balance the ball on a racket for 1 min

20 'keepy uppies' with a racket

Use your hand to hit the ball against a wall 20 times

'Downies' between the legs in a figure of 8

20 shot rally against a wall with ball bouncing

Can you hit the ball/socks into a bucket?

Hit the ball up and let it bounce on floor x 20

5 'edgers' hit the ball with side of racket

Build a tower of toilet rolls, stand 3m away knock as many over as you can

20 'downies' bouncing a ball on the floor using a racket

Perform a hand plank and hit the ball against the wall 10 times

Tennis 'Ronaldo's' combine a tennis keepy uppy & a football keepy uppy

10 shot rally against a wall (no bounce)

'Twisters' hit the ball with each side of the racket x 10

2 touch tennis- hit against wall & then a keepy uppy

'Freestyle' tennis - hit the ball up and show a skill (catch ball behind back/ in pocket)

I confirm this has been completed (please sign):

HAVE A GO AT A LINE AND THEN SEE IF YOU CAN GET A FULL HOUSE TO EARN A MEDAL

Tag us in on Twitter @Tamesidessp, send it to 07900274802 or email and attach your completed sheet to Emma.toone@gaa.org.uk with name, address, school attended and age and you will receive a medal through the post.