






Sports For
Champions UK®
Community Interest Company

CHAMPIONS ACADEMY

PE SESSION

TENNIS KEEPY-UPS

How to Play:

-  Grab a tennis racquet and ball.
-  Repeatedly hit the ball up into the air counting how many times you can do it in one minute!
-  If you drop the ball, pick it up, but beware as this drains the time you have left!

Make it Easier:

- Stop the timer if you drop the ball.

Make it Harder:

- Try twirling the racquet as the ball is in the air.
- Try hitting the ball higher.
- Hit the ball at the floor and have it bounce back at you.



GOLD:

**100
Keep Ups**



SILVER:

**75
Keep Ups**



BRONZE:

**60
Keep Ups**



ENJOY THIS EXERCISE?

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www.sportsforchampions.com