

Coaching Session with Boston Tennis Club



On Wednesday 6th January 2016 Sycamore Class had a PE lesson with coaches from Boston Tennis Club.



The children played a variety of warm up games to develop accuracy and speed.



They then played relay races to develop hand-eye co-ordination with a racket and ball.

Finally the children practised hitting the ball over the net. The children sitting down were 'skittles' and had to lie down if they were knocked with the sponge ball.

All the children had a wonderful time and were inspired to continue with their tennis skills. The club have also offered a FREE, four week group coaching session at Boston Tennis Club's Indoor Centre to all children who took part.

