

AEGON SCHOOLS TENNIS

**A Guide to
Schools Tennis**
2009



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Introduction

Tennis is fun, great for fitness and for developing hand eye co-ordination. It can be played by all ages and abilities and is the 8th most popular participation activity among children aged between 11-15.*

Boys and girls can play together, so it's great for mixed classes. Some young people don't like team sports, however tennis can be played in small groups or individually.

You don't need tennis courts to play – it can be played in school halls, playgrounds or sports halls and a range of adapted equipment and modified/alternative versions of the game are available, so players of all ages and abilities can enjoy the game.

Tennis is one of the few sports where you can play, compete and socialise for life. Tennis reaches more women than any other sport (by following), and more than any other sport

among the over 55s. In all other younger age groups, tennis is second only to football, by following. **

Schools give most children their first experience of sport and a players' early experience can often determine whether they stay in the game. Recent research*** (England) shows that tennis in schools is growing, with 79% of schools offering tennis and 40% of schools having a link with a local tennis club.

The 'Guide to Schools Tennis' provides an overview of all resources and support available to schools.

* **Source: DCMS Taking Part Survey**

** **Source: Sport England, Active People Survey**

*** **Source: DCSF School Sport Survey**



School Club Links

A school club link is a partnership between a school and tennis provider, developed to provide opportunities for all children and young people to get involved in tennis.

Schools can link with local tennis clubs, parks or public indoor centres to assist in delivering a wide range of activity, including; curriculum time coaching, out of school hours clubs (breakfast, lunchtime and after school), competition, leadership and volunteering and to provide pupils with affordable and accessible exit route opportunities to continue playing tennis outside of school.

Developing a link with a local tennis provider brings many benefits to schools, including:

- Increase opportunities for your pupils
- Raise the schools profile in the community
- Share facilities and equipment
- Expert coaches delivering in school to work with teachers
- Delivery of Out of School Hours Clubs
- Healthier and more physically active pupils – improving standards across the school
- Increase awareness of exit routes for players, coaches and volunteers
- Assist in achieving targets, standards & recognition – PSA, PESSYP, Healthy Schools, Active Mark, Sports Mark etc
- CPD for teachers – training courses and more ideas by working with quality clubs and coaches

More info:

- Contact your local Tennis Development Manager about linking up with a local tennis provider.
- Details of local clubs and coaches can be found online at: www.lta.org.uk – click on the 'Quick Search' links
- Details of local parks offering tennis can be found online at: www.eparktennis.com



Modified & Alternative Activities

Mini Tennis

Mini Tennis is a fun, modified version of the game, primarily used for players aged under 10. Mini Tennis uses shorter rackets, smaller courts, slower/softer balls and simple scoring, to ensure players of all abilities can achieve. However, Mini Tennis is a great way of also attracting 'semi-sporty' pupils in secondary schools.

Mini Tennis progresses through 3 colour stages:

Mini Tennis Red is played on smaller courts with shorter rackets and softer balls. It's just like the real thing and gives players the chance to have long rallies and play different types of shots.

Mini Tennis Orange is played on slightly larger courts than Mini Tennis Red, with bigger rackets and balls that are not as soft as red balls. It's the next stage to go through before you start playing on a full sized court and it will help players develop all the different shots, providing fun competition.

Mini Tennis Green is the next step after orange ball mini tennis. It is played on a full tennis court, with bigger rackets and balls that are a little softer than yellow balls. It's the next stage to go through before you start playing with a full compression yellow ball on a full sized court and it will help players work on and improve all aspects of their game.

Mini Tennis is great as the different progressions cater for all abilities and it can be played outside on a playground, or inside in a hall or gym.

More Info:

- More information about Mini Tennis can be found online at: www.lta.org.uk/Players/Juniors

Cardio Tennis

Cardio Tennis is a new, fun group activity, featuring drills using low compression balls to give players of all abilities an ultimate, high energy workout.

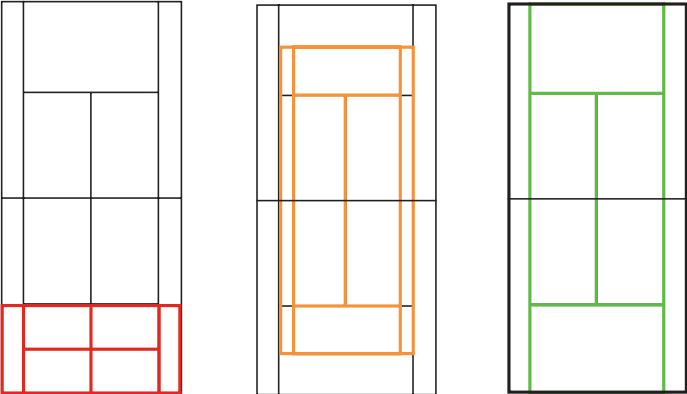
There are activities for absolute beginners through to advanced players, all of which provide you with a great cardio workout while improving skill.

Music is played during the session to help create a high energy atmosphere and add motivation, as well as controlling the tempo of the activity. Participants are advised to wear heart rate monitors or pedometers, so they can see if they are working hard enough (or too hard).

Cardio Tennis is a fantastic adapted version of the game, ideal for engaging girls and semi-sporty types. It can be run as a curriculum activity, or as an out of school hours club – either outside on a tennis court, or inside in a gym or sports hall.

More info:

- Contact your local Tennis Development Manager about linking up with a local tennis provider that offers Cardio Tennis.
- A resource pack and a training module for Secondary School teachers will be available from October 2009.



Schools Tennis Membership Teacher Training

Schools Tennis Membership offers the chance for schools to join the British Tennis family and access a range of support and benefits.

There are 2 levels of Schools Tennis Membership:

- 1. Registration** – this is free and provides access to a range of online resources and allows us to communicate new developments with teachers and the school sport infrastructure.
- 2. Membership** – for an annual fee, members can access an increased range of benefits, including entry into the Wimbledon Ticket Ballot, discounts on equipment and free entry into national schools competitions.

An enhanced Schools Tennis Membership scheme is being developed for the 2009/2010 academic year.

More info:

- More information about Schools Tennis Membership, including the opportunity to register and join online will be available from October 2009 on: www.schoolstennis.org

Primary Schools

This 3 hour course has been designed to give primary school teachers the confidence and tools to deliver tennis to a class of children in a small space.

The course is supported by an innovative DVD, which is pupil facing and delivers and demonstrates the activities directly to the children, allowing the teacher to do what they do best, teach.

All attendees receive the DVD, a lesson plan handbook and a Mini Tennis Equipment Pack, including 30 rackets, 60 balls, a net and a kit bag.

Secondary Schools

New Teacher Training Modules will be available for secondary school teachers from October 2009 and will include; curriculum delivery (traditional and modified activities), Cardio Tennis and Team Training.

More Info:

- Contact your local Tennis Development Manager about organising, or accessing a course locally.
- A range of Mini Tennis activity cards covering; ABCs, main theme ideas and competitive games can be accessed online at: www.schoolstennis.org



Schools Competition

A Schools Tennis Competition Framework has been developed to provide simple, inclusive and progressive schools competition opportunities. There are two categories of Schools Tennis Competitions, National and Local and there is a strong emphasis on Team Tennis across all events:

National Competitions

There are three AEGON Team Tennis Schools competitions, catering for a range of age groups and abilities (within secondary schools & colleges of further education), all culminating in national finals.

Responsibility for managing these events lies centrally with the LTA and The Tennis Foundation, with assistance from local organisers. The three events are:

- The Year 8 & Under and Year 10 & Under Competition, with no ratings* cap
- The Senior Students Competition, for Year 11 and above, with a ratings* cap of 7.1
- The National Schools Championships, for Year 9 – 13, with no ratings* cap

***An AEGON British Tennis Rating is a way of measuring your tennis ability, so you can see how you are improving. It also means you can make sure you are entering the right standard of competitions. It's a bit like a golf handicap. If you say what your rating is, other players will know what level you are irrespective of age.**

Local Competitions

A priority for schools competition is to increase the amount of local, entry-level competitive tennis opportunities available through schools.

There are many different types of inter and intra school competitions that can be run in schools and the Schools Tennis Competition Guide has been developed to assist in making this as easy as possible.

Working closely with the Youth Sport Trust, a priority Year 3&4 primary school competition has been developed to engage the Competition Manager network (England).

More Info:

- The Schools Tennis Competition Guide is a free interactive CD-Rom and contains over 60 editable templates and factsheets. You can order a copy and also download the resources directly at: www.schoolstennis.org
- Contact your local Tennis Development Manager about getting involved with the Year 3&4 primary school and the national secondary school competitions.



Leadership & Volunteering

Tennis Leaders Course Modules - for 14 - 16yrs olds:

A new Tennis Leaders course will be available from September 2009, which provides young people with a range of skills to assist with the delivery of tennis.

The course will be made up of 3 hour modules, including; buddy hitting, competition organisation, club management and marketing/communication. Each module can be delivered individually, or they can be joined together.

Competition Organisers Workshop - for 16 - 25yr olds:

In association with 'v', the youth volunteering charity, a 3 hour workshop has been developed, that will prepare young people to organise and run all types of competitions.

All attendees receive a competition organisers toolkit, which provides all the tools and resources needed to run competitions and a competition organisers t-shirt.

More info:

- More information about the Tennis Leaders Course and Competition Organisers Workshop is available online at: www.schoolstennis.org
- Contact your local Tennis Development Manager about organising a course at your school.

Cross Curricular Support

Are you looking for a topical sporty week with a difference?

The Tennis Activity Week Pack contains a pre-prepared week of cross-curricular lessons, based on a tennis theme, aimed at Year 3 and 4, but can easily be extended and adapted for Year 5 and 6 (Scotland; P4 – P7).

The pack contains easy to use lesson plans and worksheets covering; Literacy, Numeracy, Science, History, Geography, PHSE, Music, Art, Design & Technology and PE, with many of the lessons incorporating ICT.

This resource will be made available through School Sport Partnerships in time for National School Sport Week (England) and Wimbledon. However, you can download all the individual resources contained in the pack directly from:

www.schoolstennis.org

More info:

- The lesson plans and worksheets are available to download from: www.schoolstennis.org



Equipment

All teachers who attend the Primary Schools Teacher Training Course receive a Mini Tennis Equipment Pack – including 30 rackets, 30 sponge & 30 low compression balls, a net and a kit bag.

By the end of 2009, as a new benefit of Schools Tennis Membership, member schools will be able to access a range of discounted tennis equipment at: www.schoolstennis.org This will include a range of equipment for use in all schools (primary, secondary and special).

A wide range of low cost tennis equipment is currently available from general PE and tennis specific suppliers. A range of tennis clothing and equipment is also available from The British Tennis Shop – online at: www.lta.org.uk – click on ‘Shop’.

The section below provides a basic level of advice on purchasing tennis equipment – speak to your local club, coach or Tennis Development Manager if you would like further advice.

Rackets:

Rackets come in different sizes and are measured by length in inches. A standard adult racket is 27inches, with junior rackets starting from 17 inches.

The length of racket used is dependent on the individual player and the level of tennis they are playing – more advice is available at: www.lta.org.uk/players/juniors However, if primary schools are looking to purchase a new set of rackets, we recommend 21inch, as these are the most versatile for all year groups.

Balls:

As well as standard yellow tennis balls, there is a range of low compression Mini Tennis balls, which are ideal for use within all schools.

- o **Mini Tennis Red:** a sponge ball for indoor use and a red felt ball for outdoor use.
- o **Mini Tennis Orange:** a low compression orange felt ball.
- o **Mini Tennis Green:** a low compression green ball, slightly slower than a yellow ball.

Nets:

There are two types of nets for full size tennis courts; nets with poles that slot into the playing surface and portable nets, which can be moved to the side when other sports are being played.

There are many types of Mini Tennis nets, either 3m or 6m wide, which are great for use in both primary and secondary schools, indoors or outdoors.

A more cost effective and creative approach can be to make use of other equipment to substitute as nets – i.e. benches, cones or hoops. Barrier tape is also a fantastic and simple way to create a temporary net for a large group of players.

Other Equipment:

Most equipment found within the PE storeroom can be used within tennis sessions, as teaching aids and targets. Our teacher training and coach education courses provide innovative and creative ways to make use of a wide range of equipment.

More about British Tennis

Support Structure

British Tennis has a comprehensive nationwide network, with a focused central team of leading specialists at The National Tennis Centre in Roehampton, where both The Tennis Foundation and LTA are based.

This is supported by an enhanced local resource on the ground through a county based 'Field Team' and by regionally based experts. These include a network of facility project managers, tennis development and talent/performance specialists.

More info:

- Your first point of contact should be your county based Tennis Development Manager – contact details can be found online at: www.lta.org.uk (click on 'County' in the 'Quick Search' box).

Clubs

At the heart of British Tennis is a network of over 2,700 affiliated clubs – these are made up of Satellite Clubs, High Performance Centres and other clubs, many of which have achieved Tennis Clubmark.

Clubmark is a cross-sport quality accreditation for clubs and the LTA is an accredited partner. Tennis Clubmark is a club's opportunity to be recognised for achieving excellent standards and includes all the key criteria of the national Clubmark programme.

More info:

- You can find out more about Tennis Clubmark and clubs in your local area online at: www.lta.org.uk/clubs

Parks Tennis

The Tennis Foundation is leading the drive to revitalise tennis in parks throughout Great Britain.

The aim is to develop 225 'Beacon Sites' by 2012 – these are local authority facilities providing communities with free access to tennis and offering affordable opportunities to high quality coaching and competition.

More Info:

- More information about parks offering tennis in your area can be found online at: www.eparktennis.com

Competition

Competition should be fun, easy to understand and accessible. Competition in Great Britain is being simplified to give players a clear pathway from the first time they compete all the way to the top.

There are around 3,000 competitions held throughout the year across the country for different ages and abilities. All competitions are graded (1 to 7) and if a player is new to competition, then grade 7 and 6 events are a great place to start.

More Info:

- More information about competitions in clubs, indoor centres and parks can be found online at: www.lta.org.uk/competition



Winning Player Pathway

The 'Winning Player Pathway' is a guide that helps inform high performance and recreational/club players what standard they need to be and the path to follow to progress.

As kids enter the game through interest generated in parks and local schools linked to clubs, they are given the chance to experience tennis through the red/orange/green Mini Tennis development system and competition framework. Those who show some ability and aptitude for the game, (mainly those between 7 and 9 yrs,) are put forward by the local coaches to County Talent ID days which are run by a team of 24 Talent and Performance Co-ordinators, located around the country.

Fulfilling a player's potential can be expensive and British Tennis helps by providing financial support through players and clubs via a transparent and systematic approach to funding.

More Info:

- More information about the winning player pathway, talent identification and the funding structure for players/clubs is available online at: www.lta.org.uk/players - click on 'Winning Player Pathway'

Coaches

Coaches play a key role at every level of the game and across Great Britain, there are over 6,000 part and full-time qualified coaches.

A new Coach Qualification structure has recently been developed and the first course is 'UKCC Level 1 – Coaching Assistant' and is an introduction to tennis coaching and is aimed at people who are enthusiastic about tennis and want to help a coach deliver Mini Tennis.

In addition to being qualified, coaches should also be LTA Licensed or Registered.

More Info:

- You can find out more about the coach qualification structure and coach accreditation online at: www.lta.org.uk/coaches
- You can search for coaches in your local area using the 'Find a Coach' facility online at: www.lta.org.uk/coaches

Disability Tennis

Coaching and competitive opportunities are available for players with a learning disability, a hearing impairment and for wheelchair users. A new structure is also emerging for players with a visual impairment. A Special School pilot project will be run during 2009/2010, which will result in enhanced support and resource for this area of work.

More Info:

- More information about Disability Tennis is available online at: www.tennisfoundation.org.uk

Facility Development

To ensure resource is allocated where it will have the biggest impact, British Tennis has recently developed a 'Places to Play' strategy. Part of this strategy is to make it as easy as possible for tennis providers to determine whether their project would be classed as a priority, and also provide easy access to information and advice.

Your local Tennis Development Manager should be your first point of contact if you are looking to develop a project. They are able to offer general advice, review your potential project and indicate its level of priority within the County.

More Info:

- In addition to speaking with your Tennis Development Manager, a wide range of free facility guidance factsheets are available online at: www.lta.org.uk/clubs (click on 'Tennis Resources', then 'Facility Advice & Guidance')

British Tennis Membership

British Tennis Membership brings together the whole British Tennis family, whether you are a social player, competitor, a competition organiser or simply enjoy watching and being involved in the sport.

Joining the scheme means you can enjoy a wide range of exclusive benefits, including; a chance to win Wimbledon tickets, monthly e-newsletter with updates, insight and tips from coaches and players and access to the TeamCard loyalty scheme.

More Info:

- More information about British Tennis Membership is available online at: www.lta.org.uk/membership or by calling 0845 873 7202.

