



## Tennis Ireland Schools Tennis Initiative

Dear Active School Flag Coordinator,

Tennis Ireland would like to help your school to achieve the Active School Flag. We can help and support you in each of the following review points:

### **The school meets the requirements of the PE Curriculum**

Tennis is part of the games strand, one of 6 compulsory key strands in the physical education curriculum in Ireland. Tennis Ireland has developed a *Primary Schools Tennis Initiative Programme* in order to help class teachers to teach tennis in their schools.

- The Primary schools Tennis Initiative Programme can be downloaded at [www.tennisireland.ie/schoolstennisinitiative](http://www.tennisireland.ie/schoolstennisinitiative)
- The programme includes a set of 6 lesson plans for each of the four age ranges in primary: juniors/senior infants, 1<sup>st</sup>/2<sup>nd</sup> classes, 3<sup>rd</sup>/4<sup>th</sup> classes and 5<sup>th</sup>/6<sup>th</sup> classes.
- The lesson plans are based on the Primary Physical Education Curriculum.
- Each lesson plan includes several video clips which will guide class teachers about how to deliver the tennis programme.
- The lesson plans are suitable for groups of 30 or more children in a playground setting – Schools do not need tennis nets or lines in order to implement this programme.
- Tennis Ireland has developed a set of achievement cards which will allow pupils to assess themselves throughout their development.
- Tennis Ireland *Schools Tennis Initiative Certificate of Participation* certificates can be down loaded by teachers and given out to every pupil at the end of the course.

**The school makes a range of co-curricular activities available to all pupils on an individual and team basis in school**

Tennis has been proven to be one of the best sports for children helping them to develop physically, emotionally and psychologically. As a sport in the playground tennis allows children to develop at their own pace, in their own space. The Tennis Ireland schools lesson plans show how to deliver tennis as individual tasks, in pairs and in small groups.

**The school's co-curricular programme caters for children of all abilities and provides meaningful inclusion opportunities for all**

Tennis can be played by all children by adapting the game to suit the needs of each child. The Tennis Ireland Schools Tennis Initiative has a section on 'tennis for all' which suggests adaptations that will allow all children to play tennis, including sections on wheelchair tennis, and tennis for people with physical or behavioural disabilities. The '*Tennis for All*' document is available to download at [www.tennisireland.ie/schoolstennisinitiative](http://www.tennisireland.ie/schoolstennisinitiative)

**The school enlists the assistance of National Governing Bodies (NGB s) in co-curricular provision**

Schools can contact the Tennis Ireland Schools Tennis Initiative coordinator Olwyn O'Toole or the Tennis Ireland office for assistance (contact details below). Tennis Ireland coaches are available to deliver tennis classes during curriculum and after school. Coaches provide all their own equipment. A list of coaches is available at [www.tennisireland.ie/schoolstennisinitiative](http://www.tennisireland.ie/schoolstennisinitiative) Coaches have all been garda vetted, are Tennis Ireland qualified and insured and have been trained to deliver curriculum style tennis in playground situations. Where numbers are large coaches do not use nets, however, for after school clubs or smaller schools coaches may use portable nets during classes.

**The school takes steps to promote physical activity during breaks and lunch times**

Many of the skills of tennis, such as the various methods of movement, direction changes, throwing and catching, sending and receiving, can easily be incorporated in to school yard games. Children can easily learn 'serve, rally, score mini tennis' in the schoolyard safely during playtime, using low compression soft balls and smaller rackets.

**The school offers pupils opportunities to celebrate their physical activity skills and achievements**

Tennis Ireland has developed assessment cards designed to encourage pupils to develop their tennis skills. The assessment cards contain simple skills taken directly from the curriculum that all pupils can achieve. There is also a 'personal bests' section where pupils can continue to practice and improve skills individually and in pairs or small teams. Upon completion of the tennis PE programme teachers can download a '*Tennis Ireland Schools Tennis Initiative*

*Certificate of Participation'* which can be awarded to all pupils. These assessment cards and certificates are available to download at [www.tennisireland.ie/schoolstennisinitiative](http://www.tennisireland.ie/schoolstennisinitiative)

**The school has established links with the local community in terms of the promotion and provision of physical activity**

Tennis Ireland has links with all registered tennis clubs in the country, as well as links to Community and Parks Tennis venues and local sports development teams that deliver affordable coaching. We can help schools link up with tennis clubs and coaches in their locality. Clubs may be able to offer coaching assistance and/or to offer schools ideas for class activities. It may also be possible to make use of the local tennis clubs and equipment.

**The school informs pupils about physical activity events, facilities and opportunities in the local community**

Schools can contact their local tennis club for information on any events, or their local Sports Development team who will also have knowledge of special community coaching courses. A tennis club might be interested in coming to the school to give a tennis 'blitz' day to encourage children to take up and enjoy tennis.

**The school avails of local facilities that provide for and promote physical activity opportunities**

Schools, especially those with limited facilities, may link up with local tennis clubs to borrow equipment, or use their facility.

**The school encourages staff to attend in-service courses and to participate in other forms of continuous professional development (CPD) appropriate to their needs**

Tennis Ireland has developed a set of lesson plans that are free to download to all teachers. The lesson plans include 6 lessons for each age range, with warm up games, skill development, warm down games and online videos showing each of the games in action. There are also tips on how to challenge those pupils who are more skillful than others, and a section on 'tennis for all' which allows all children to be included in the sessions. Tennis Ireland is currently working to develop a Teacher Training workshop which will be delivered through Local Sports Partnerships in 2012.

**The school has adequate resources to provide pupils with comprehensive PE and co-curricular physical activity programmes**

Even schools with very limited facilities and resources can teach tennis – Tennis Ireland work closely with Local Sports Partnerships and tennis clubs to make tennis accessible to all.

**Tennis Ireland Schools Tennis Initiative Contact Details**

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