

BALLOON TENNIS



GET ACTIVE



20 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Bring the game of tennis to your home with a simple but fun game of balloon tennis.

To set up your tennis court hang a blanket between two objects, such as chairs, for the net. Place markers (socks or tea towels) in the corners of your court so you roughly know the boundaries.

For a ball use an inflated balloon, however if you don't have a balloon then use a soft ball or even a pair of socks made into a ball. For rackets use household items such as books, magazines, frying pans etc, or you could just use the palm of your hands.

Now play tennis with a family member. Take turns to serve and see how long you can keep a rally going. Score points like in real tennis. You could even create a mini tournament if you have 3 or more family members in your home.

Ask a grown-up to take a video or photo of you playing and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Balloon
- Blanket



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used for this activity is safe and suitable. An adult should initiate any contact with the BB group and/or share on social media.