

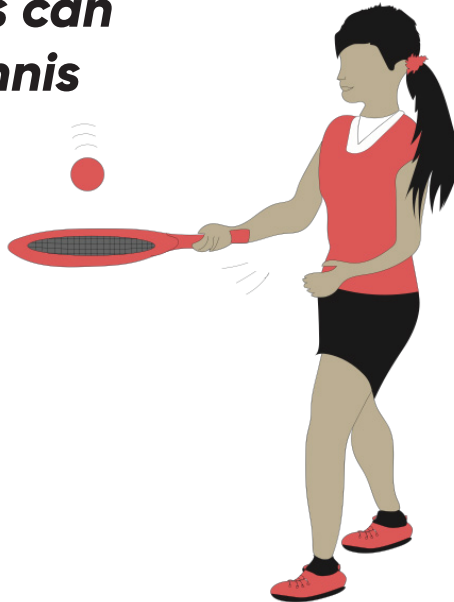
'1 a Day' Challenge: Tap Up Tennis




**Do you ask
for help if you
find the challenge
hard?**

For the '1 a Day' Challenges consider how you can use the STEP tool to play inclusively. This is a simple way to adapt and make changes to activities, meaning they are more accessible. It stands for **Space, Task, Equipment, People**. You can change any of the elements to make the challenges accessible and inclusive.

**How many times can
you tap up a tennis
ball on a racket
in 60 seconds?**



 If the ball touches the floor, time continues but your score freezes until you start tapping again.

- S** Increase the space you have to move about more freely.
- T** Try balancing the ball on the racket or your hand instead of tapping it up.
- E** Change the ball for a balloon or pair of rolled-up socks.
- P** Try playing this with a partner, how many times can you pass it to each other?

1. Take part

Try the challenge as a class or with family and friends. Take photos/videos of your attempt. Add up your total score.

2. Pass it on

Nominate your chosen school or person to beat your score by tagging them on social media with your attempt. Use **#NSSW2022** **@YouthSportTrust**

3. Donate to the Youth Sport Trust

Help us continue our mission and raise awareness of NSSW.