



# PE SKILL SCHOOL

## CHALLENGE #10

### TENNIS STEP OVER CHALLENGE!

HOW MANY  
TIMES CAN YOU STEP OVER A  
RACKET WITHOUT THE BALL  
FALLING OFF?



### RULES!

- 1) You need a tennis racket and a ball.
- 2) Start with the racket in your right hand and the ball on the racket strings.
- 3) Step your right leg over the racket.
- 4) Pass the racket to your left hand, then step your left leg over the racket.
- 5) Pass the racket back to your right hand - this counts as 1 point scored.
- 6) Complete as many as you can before the ball falls off the racket.

### TIPS!

- Keep the racket parallel to the floor.
- Take your time!
- Try and keep as still as possible.
- Keep a firm grip on the racket.
- Watch the video to see the technique!

### WHAT'S YOUR STANDARD?



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