



# PE SKILL SCHOOL

## CHALLENGE #4

### FOREHAND CHALLENGE!

HOW MANY FOREHANDS CAN YOU PLAY IN 1 MINUTE?



### RULES!

- 1) You need to mark 4 metres from a wall or flat surface. All shots must be taken behind this point.
- 2) All shots must be forehands.
- 3) The ball must bounce before each shot is hit.
- 4) Score a point each time the ball hits the wall.
- 5) Score as many as you can in 60 seconds.



### TIPS!

- Focus on hitting one area of the wall.
- Stay on your toes to get in the best position to strike the ball.
- Try and strike the ball as flat as possible.

### WHAT'S YOUR STANDARD?



31 35 39