BERKHAMSTED TENNIS CLUB AFTER SCHOOL CLUB – WEDNESDAYS

YEARS 1 - 3

This is held at St Thomas More School and runs from 3.15 pm until 4.15 pm.

As part of our schools programme our main aim is for the children to have fun and enjoy tennis as a sport, as well as developing the necessary skills to be successful and improve their game.

During the sessions the children play lots of fun 'tennis' games and exercises to improve their racket and ball control, technique and basic tactics as well as lots of perception work including receiving and sending skills. However, to master the game we feel it's equally important for the children to develop their ABCs (Atheletic, Balance and Coordination skills). To help achieve this, we will often include other sports in the session like football, basketball, rounders and dodgeball to name a few, as well as continually working on the necessary fundamental movement skills in order to improve physical literacy.

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