

Kick Tennis

Ages 8-12 · 20-30 min · Two teams

Learning intention

This experience supports children to become strong in their physical wellbeing and to become aware of fairness through shared rules.

You'll need

- A football or large soft ball
- An open outdoor area roughly 40m × 20m

How to do it

1. Divide the space into two halves and form even teams, one per side.
2. Teams kick or punt the ball into the opposition's half to score.
3. A point is scored if the ball bounces in the opposition half or is knocked on.
4. The receiving team can catch the ball cleanly to stop a point being scored.

Framework links

MTOP

- **3.2** Children and young people become strong in their physical learning and wellbeing
- **2.3** Children and young people become aware of fairness

NQS

- **2.1.3** Healthy lifestyle - Healthy eating and physical activity are promoted and appropriate for each child.

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