



TEN
PROJECT

LEARN.
PLAY.
TOGETHER.

YOUR
ACTIVITIES

TOP TIPS

Look out for our
top tips to maximise
your skills!

READY.
STEADY.
GO!

SPOT THE BALL

One of our Ten Project members is practising bouncing the ball on their racket. The ball has been removed from the picture. Can you guess which square it was in?

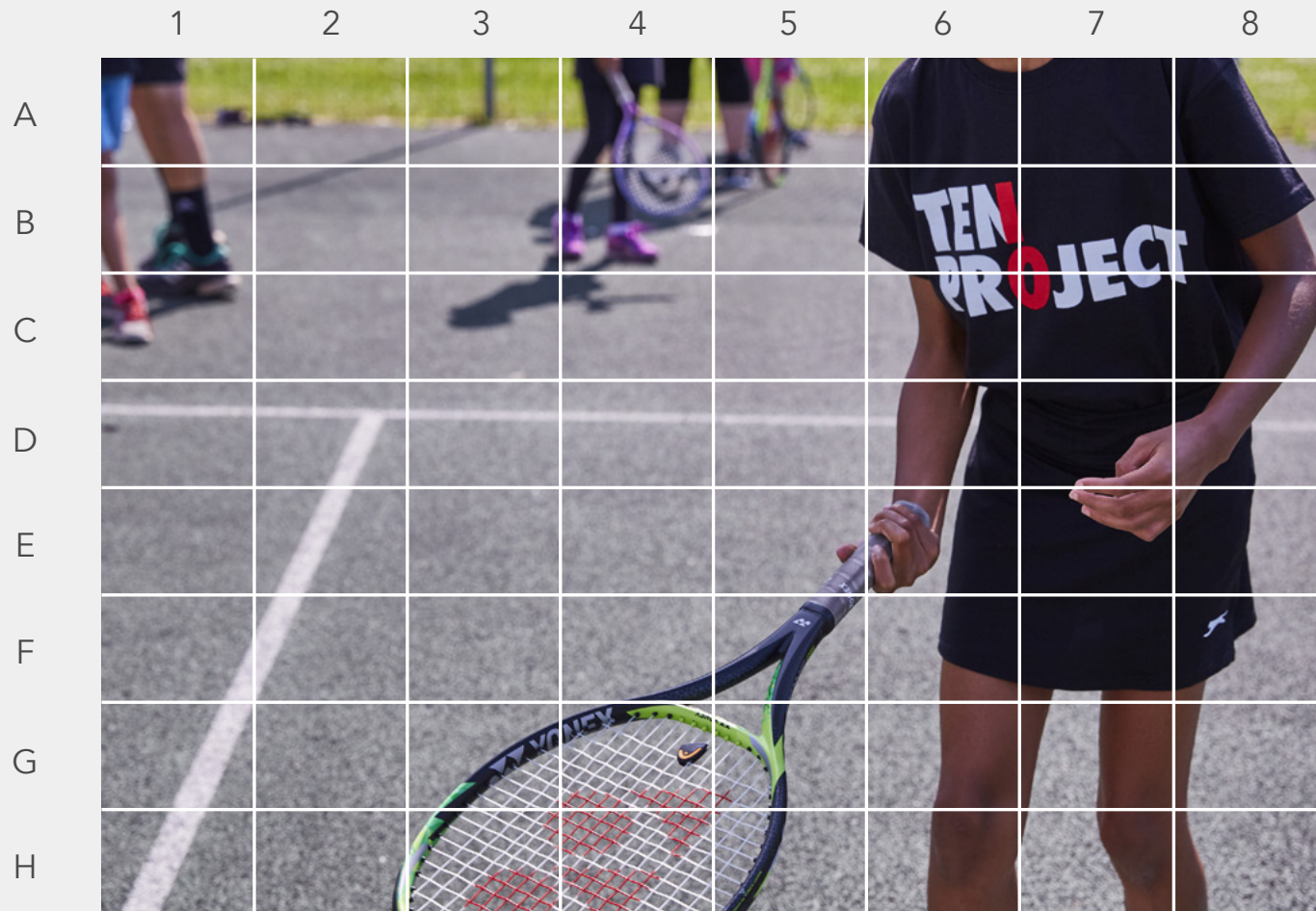
TAKE IT TO YOUR COURT, TRY IT AT HOME OR TRY IT IN THE PARK. CAN YOU SEE HOW MANY BOUNCES YOU CAN DO?

Don't forget to share your experiences and post your videos.

Share your experiences **#tenproject**
www.tenproject.org.uk

TOP TIPS

Always keep your eye on the ball when playing your shot.



YOUR ANSWER HERE

For example is it in square A1?

.....

Answers can be found in the answers section

SPOT THE BALL

One of our Ten Project members is practising a volley. The ball has been removed from the picture. Can you guess which square it was in?

TAKE IT TO YOUR COURT, TRY IT AT HOME OR TRY IT IN THE PARK.

SEE HOW MANY VOLLEYS YOU CAN DO BEFORE THE BALL HITS THE GROUND. TRY IT WITH A FRIEND OR FAMILY MEMBER.

Don't forget to share your experiences and post your videos.

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YOUR ANSWER HERE

For example is it in square A1?

.....

Did you know?

The VOLLEY is hit before the ball bounces on the ground.

TOP TIPS

Hold the racket at the bottom of the grip and keep the racket up.

Answers can be found in the answers section

WORD SEARCH

S	T	R	I	N	G	T	B	C	M
S	E	C	U	E	R	B	A	L	L
M	N	B	U	U	G	M	S	Y	F
F	N	R	O	L	X	B	E	O	A
U	I	C	V	V	R	L	L	B	M
N	S	D	A	F	A	M	I	L	Y
J	E	N	J	O	Y	D	N	Y	N
M	U	Q	V	A	S	J	E	A	R
U	F	A	B	A	N	A	N	A	C
P	T	D	N	A	H	K	C	Y	B

Put your knowledge to the test with the Ten Project word search.

STRING
BASELINE
FUN
COURT
ENJOY

JUMP
FAMILY
TENNIS
BALL
BANANA

STORY CHALLENGE

Can you make up a story using 5 of the words from your word search?

For example; My Dad slipped on a **banana** trying to **jump** over the net to hit the **ball**. He is the silliest in our **family**, we all **enjoy tennis**.

.....

.....

.....

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.....



SPOT THE DIFFERENCE

One of our Ten Project members is practising his catching. Can you spot any differences between the two pictures?

THERE ARE 5 THINGS TO SPOT.

**IF YOU CONCENTRATE AND LOOK CLOSELY
YOU WILL SPOT THEM ALL.**

Did you know?

Warming up gets muscles moving slowly at first and helps your mind concentrate.

Did you know?

Muscles are more elastic (stretchy) when they are warm. This means you are able to work better and do your best.



Answers can be found in the answers section

DO YOU KNOW YOUR COURT SURFACE?



The main four tennis court surfaces used on the professional tennis tour are:

Clay, hard courts and grass.

Can you name which surfaces the four major tournaments (Slams) use?

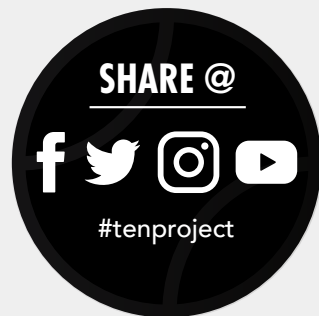
- 1) Australian Open?
- 2) French Open?
- 3) Wimbledon?
- 4) US Open?

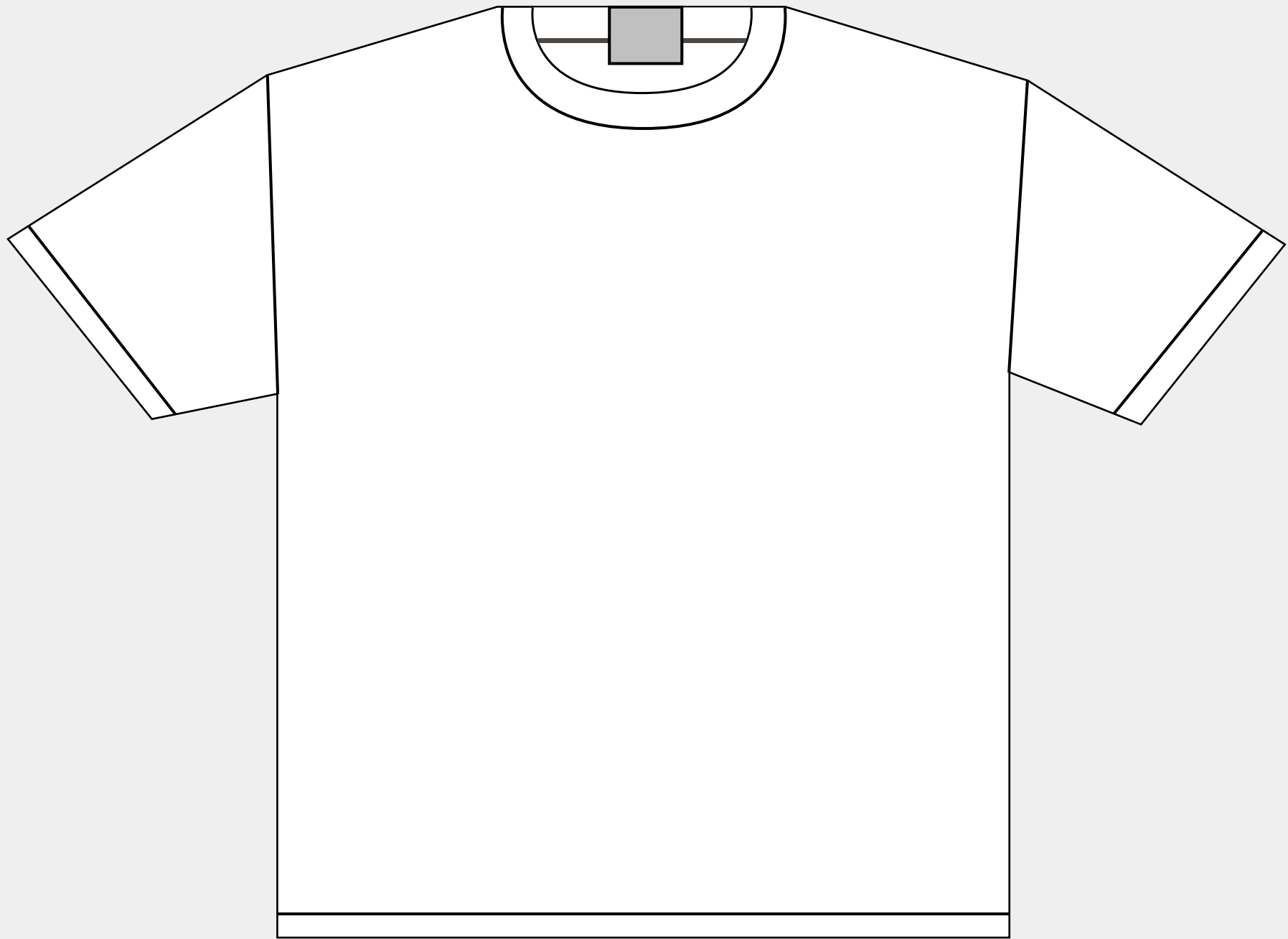


DESIGN YOUR OWN T-SHIRT

We love the design for the Ten Project T-shirts. Using the template on the next page put your creativity to the test and design your own T-shirt.

Share your designs **#tenproject**
www.tenproject.org.uk





SIMILE OR METAPHOR?

Metaphors and similes are descriptive tools that can help bring your stories to life. Challenge yourself to the **TEN PROJECT** simile or metaphor quiz.

01. Noah's serve was as fast as a rocket blasting into space.

SIMILE or METAPHOR?



02. Jenni's volleying was rock solid.

SIMILE or METAPHOR?

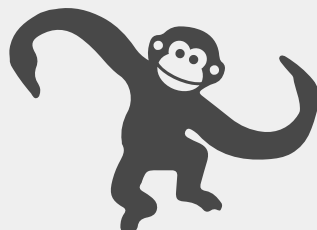
03. Oliver could skip as quick as a kangaroo when he did his warm up drills.

SIMILE or METAPHOR?

SIMILE

A simile describes something by comparing it to something else, using like or as.

"My brother is as cheeky as a monkey"



METAPHOR

A metaphor is a word or a phrase used to describe something as if it were something else.

"Jake is a star"



Jake's not really a star in the sky, but it's a way to explain how good he is.

04. Freddie thought his backhand was as sweet as honey.

SIMILE or METAPHOR?

05. Laura's footwork was dynamite

SIMILE or METAPHOR?

06. Mazzy's forehand was on fire

SIMILE or METAPHOR?

07. Jayden's smile was like a beam of sunshine.

SIMILE or METAPHOR?

08. Tennis is a rollercoaster

SIMILE or METAPHOR?



Did you know?

The fastest serve is 163 mph. Not quite as fast as a rocket!

Answers can be found in the answers section

LOST PROPERTY

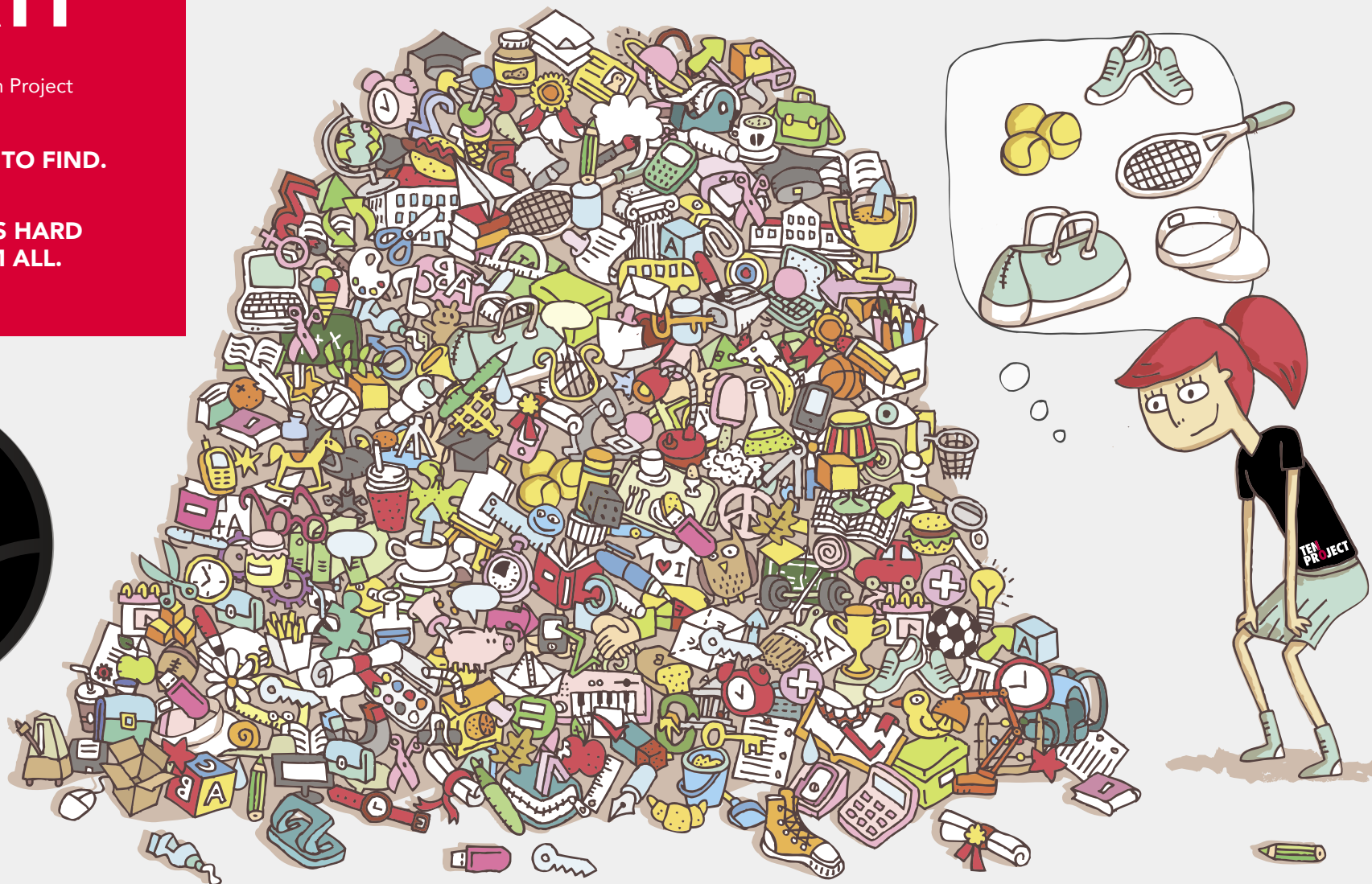
Can you help one of our Ten Project friends find their tennis kit?

THERE ARE 5 THINGS TO FIND.

**IF YOU REALLY FOCUS HARD
YOU WILL SPOT THEM ALL.**

TOP TIPS

Staying focused
in a tennis match
will help you win!

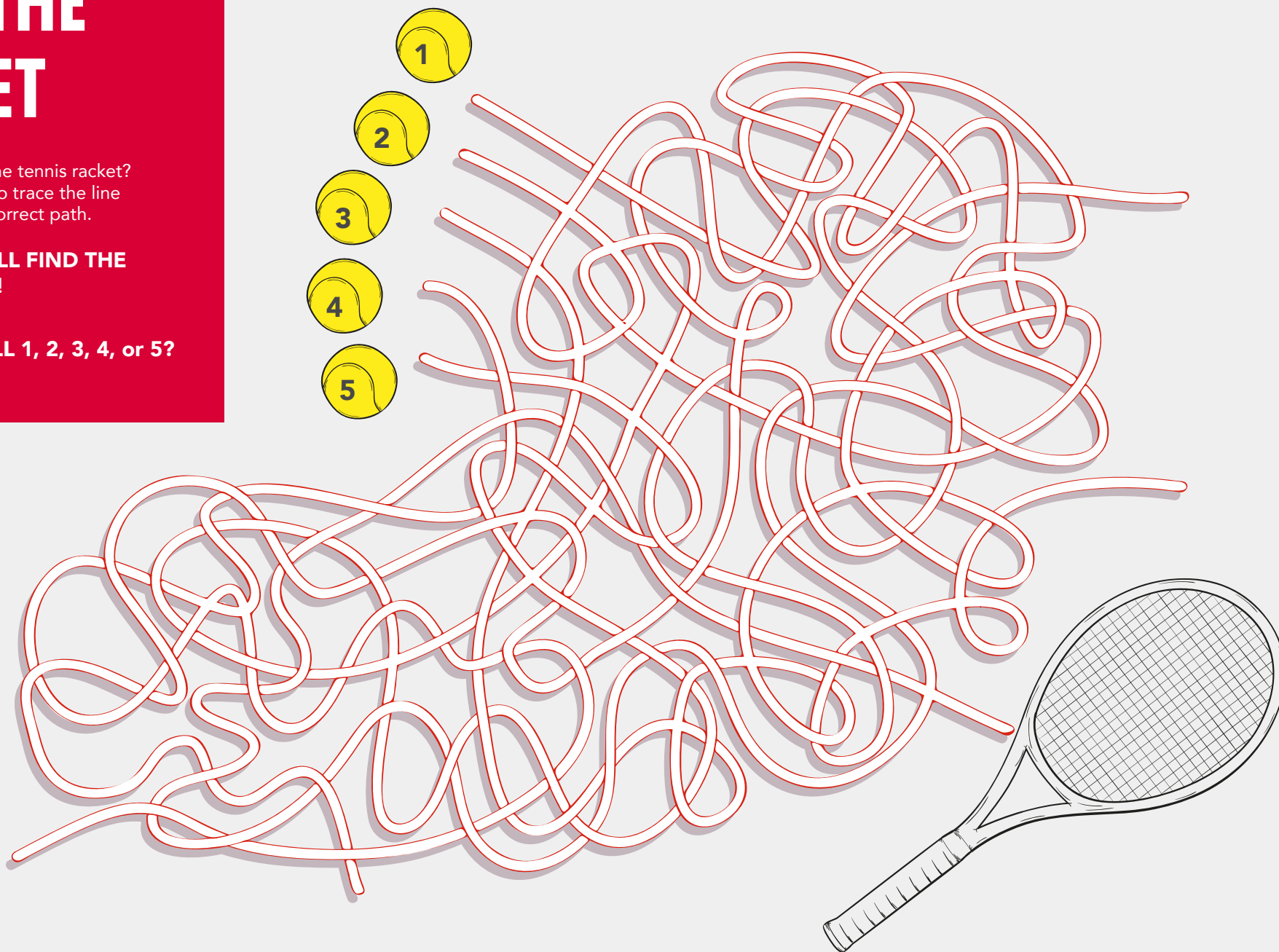


FIND THE RACKET

Which ball will find the tennis racket?
Use a pen or pencil to trace the line to find which is the correct path.

ONLY 1 BALL WILL FIND THE TENNIS RACKET!

IS IT TENNIS BALL 1, 2, 3, 4, or 5?



Answers can be found in the answers section

STRING MAZE

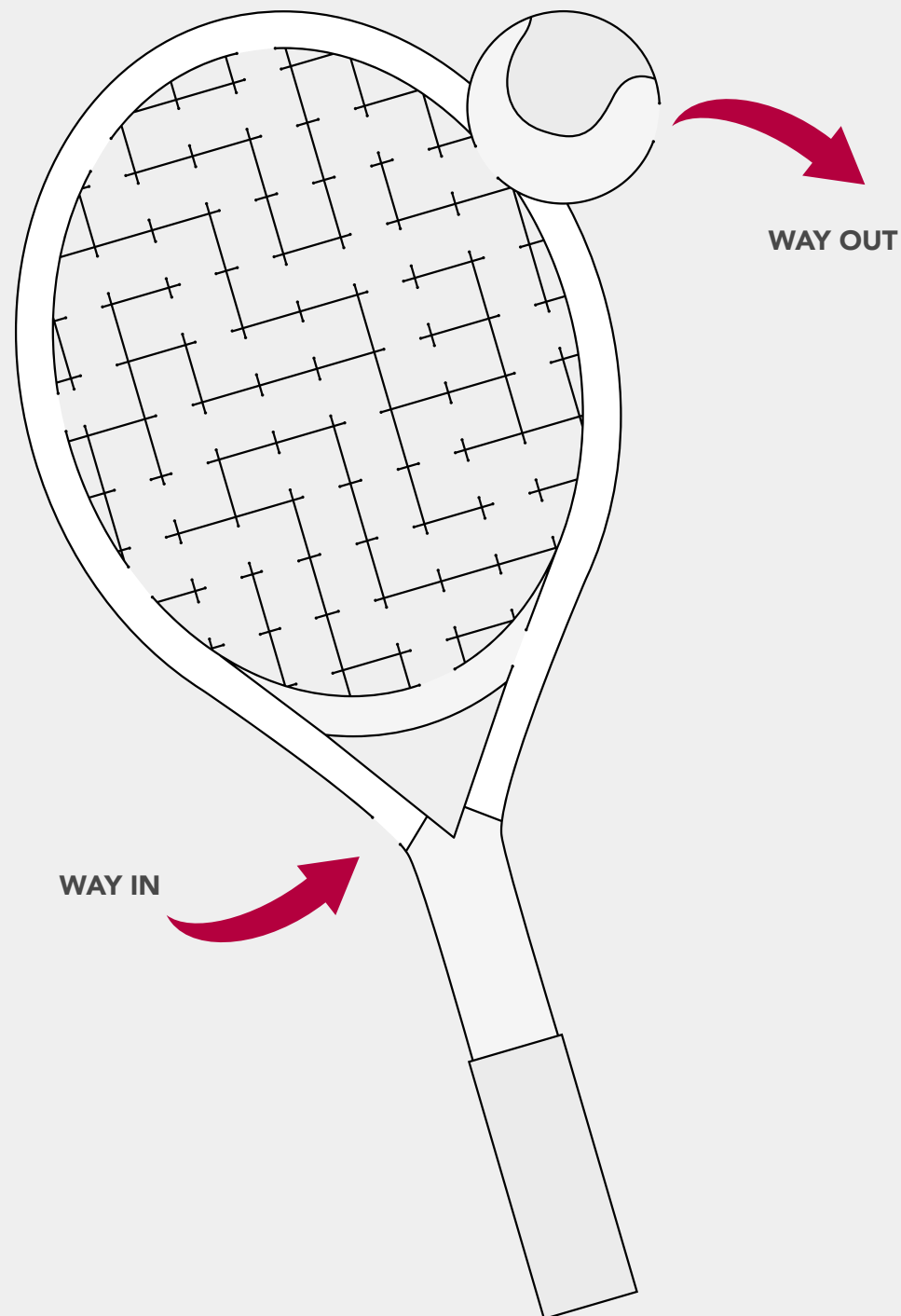
Can you draw a line without touching the sides to find a way out?

**THERE IS ONLY ONE WAY OUT
SO BE CAREFUL WHEN CHOOSING
YOUR ROUTE.**

**A steady hand helps, try not
to touch the lines.**

TOP TIPS

When on court
try being steady
and controlled.



WORD SEARCH

C	L	A	U	G	H	T	E	R	S
X	B	B	S	M	I	L	E	N	B
S	E	R	V	E	P	Y	H	W	T
Z	P	V	W	S	K	I	L	L	B
Q	F	O	R	E	H	A	N	D	O
U	F	L	O	U	T	L	I	U	U
I	E	L	I	S	T	E	N	Q	N
C	U	E	K	S	G	A	E	A	C
K	F	Y	B	A	N	R	N	A	E
P	S	K	I	P	O	N	C	Y	B

Put your knowledge to the test with the Ten Project word search.

LAUGHTER
SMILE
SERVE
FOREHAND
OUT

SKIP
LEARN
BOUNCE
LISTEN
QUICK

STORY CHALLENGE

Can you make up a story using 5 of the words from your word search?

For example, my dog is super **quick** and he loves to **skip** and **bounce** when we take him **out** on a walk. He always makes us all **smile**.

.....

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.....

.....

FOLLOW US



#tenproject

THE WORLD TOUR

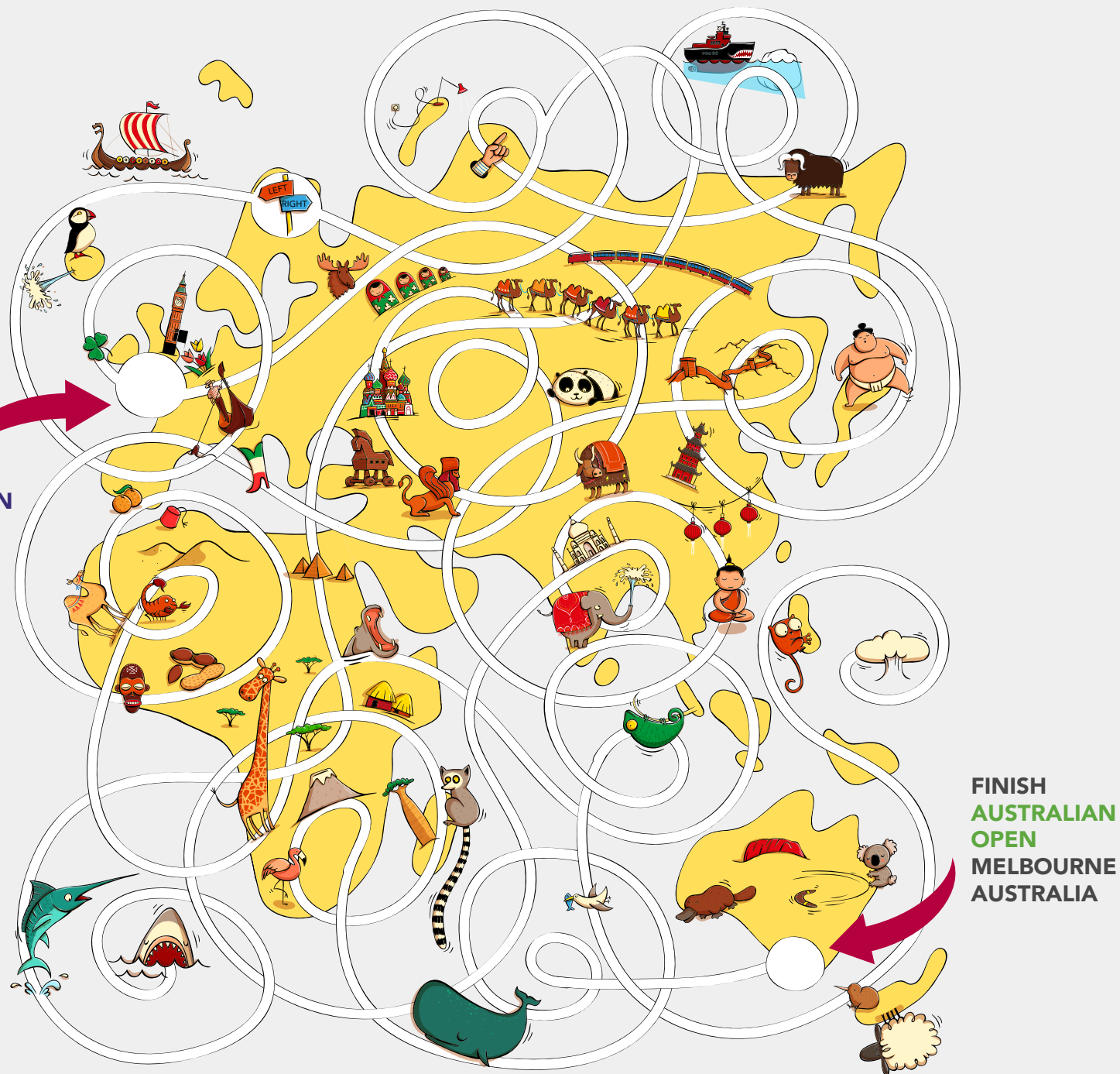
Help our Ten Project tennis player travel from Wimbledon to the other side of the world, Melbourne in Australia to play at the Australian Open.

Tennis players travel all over the world to play matches.

START
WIMBLEDON
LONDON
UK

Did you know?

Tennis is played
in over
210 countries

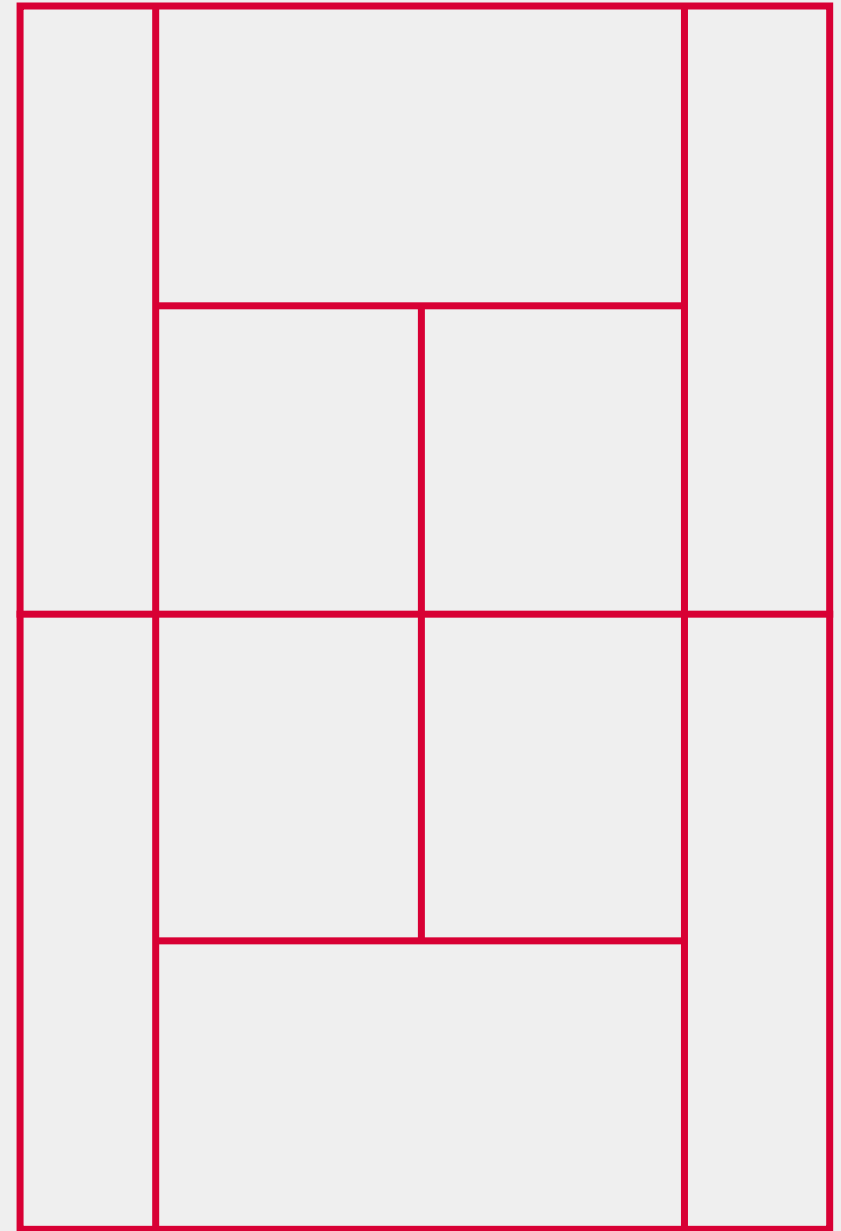
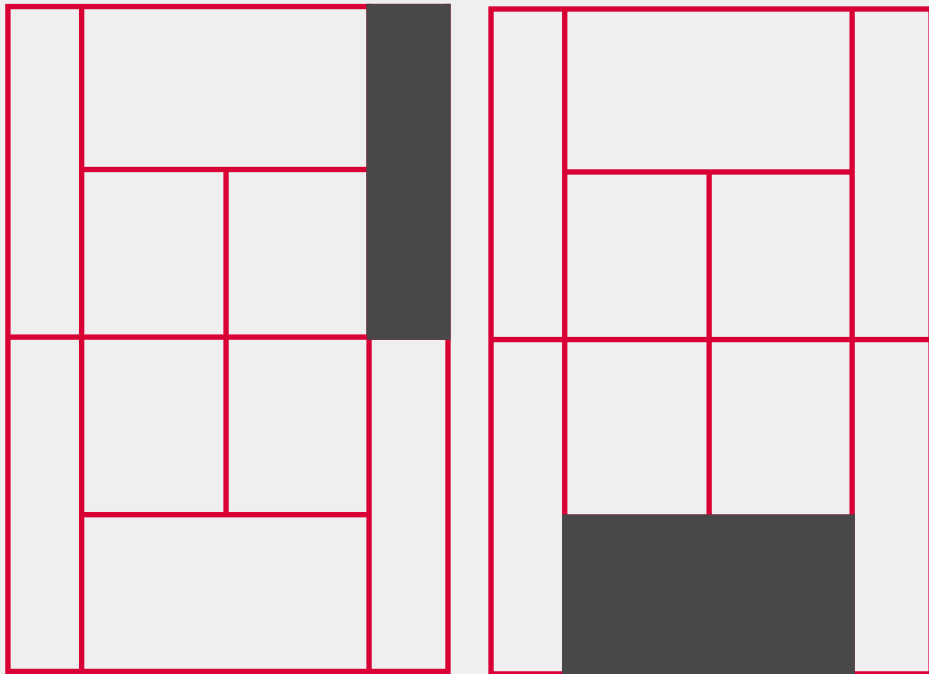


FINISH
AUSTRALIAN
OPEN
MELBOURNE
AUSTRALIA


THE SHAPE FINDER

A tennis court is made from many rectangle shapes. **How many can you find?**

We have found two shapes below to get you started.



THE ANSWERS



Challenge your
friends and family,
see how many they
can get right.

SPOT THE BALL

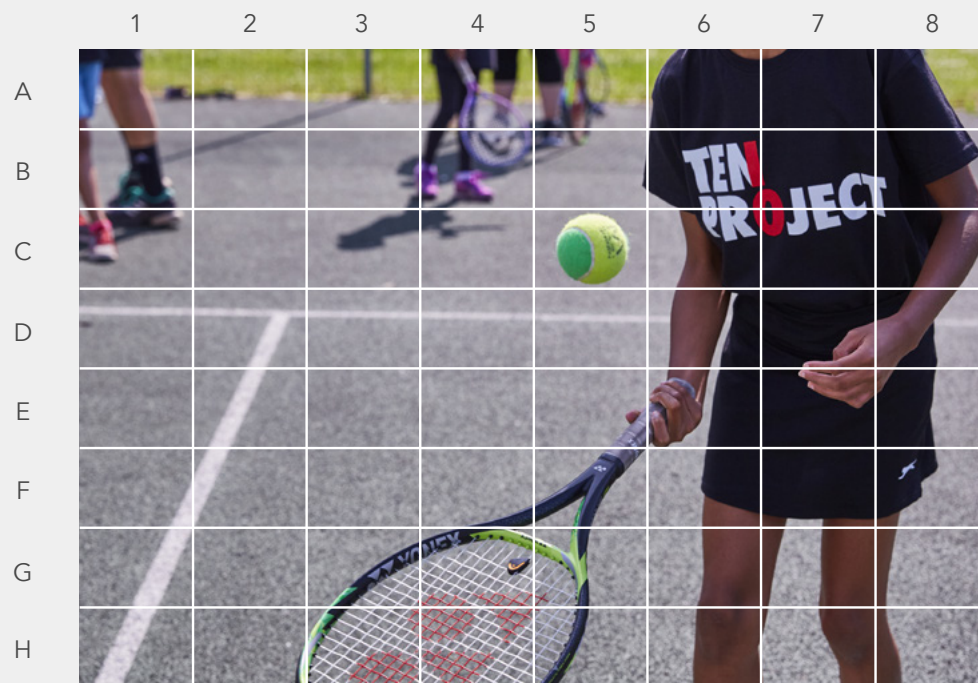
THE ANSWERS

Did you get the question right?
Now see if a friend or family member
can guess correctly.

Share your experiences **#tenproject**
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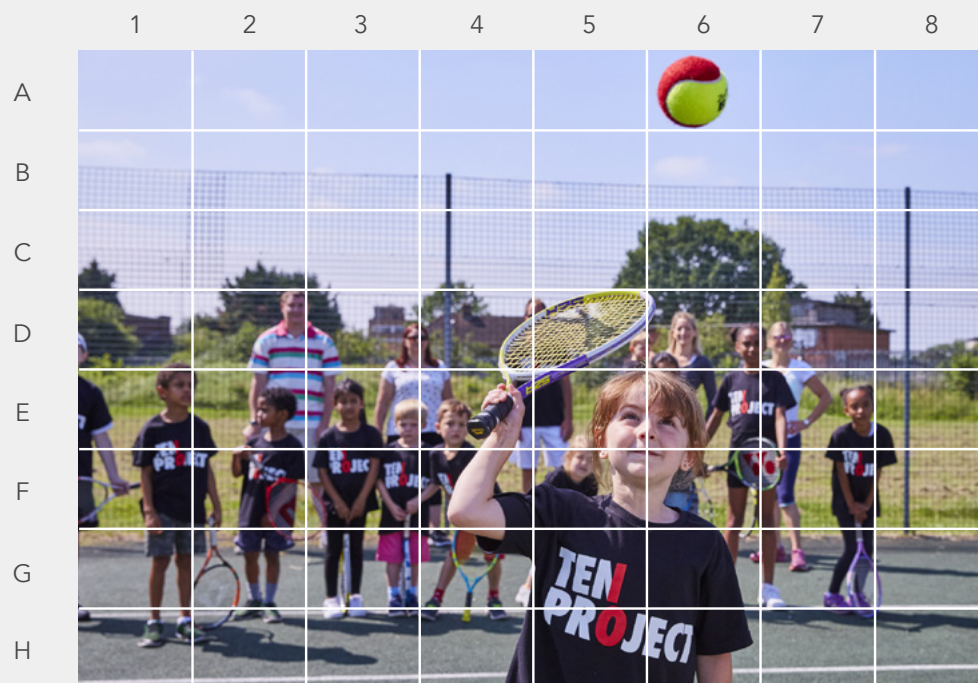
ANSWER

C5



ANSWER

A6



SPOT THE DIFFERENCE

THE ANSWERS

- 01. The white line on the court
- 02. Two yellow targets in the top picture
- 03. The logo on the T-shirt
- 04. An extra cone in the bottom picture
- 05. The colour of the ball

Did you get the question right?

Now see if a friend or family member can guess correctly.

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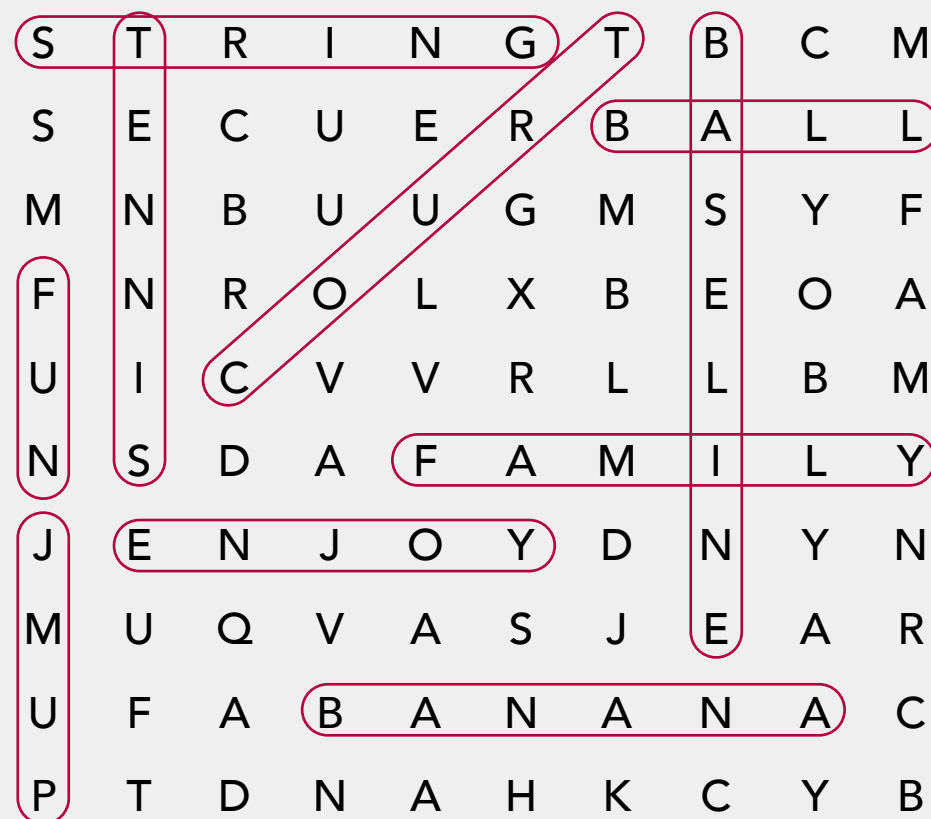


WORD SEARCH

THE ANSWERS

I hope you managed to find all the words.
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find them.

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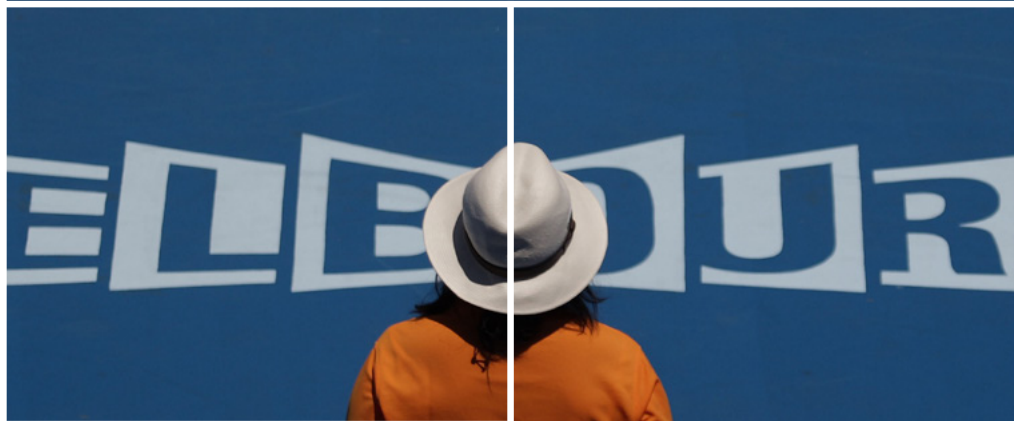
WIMBLEDON

Wimbledon is played on **grass**.



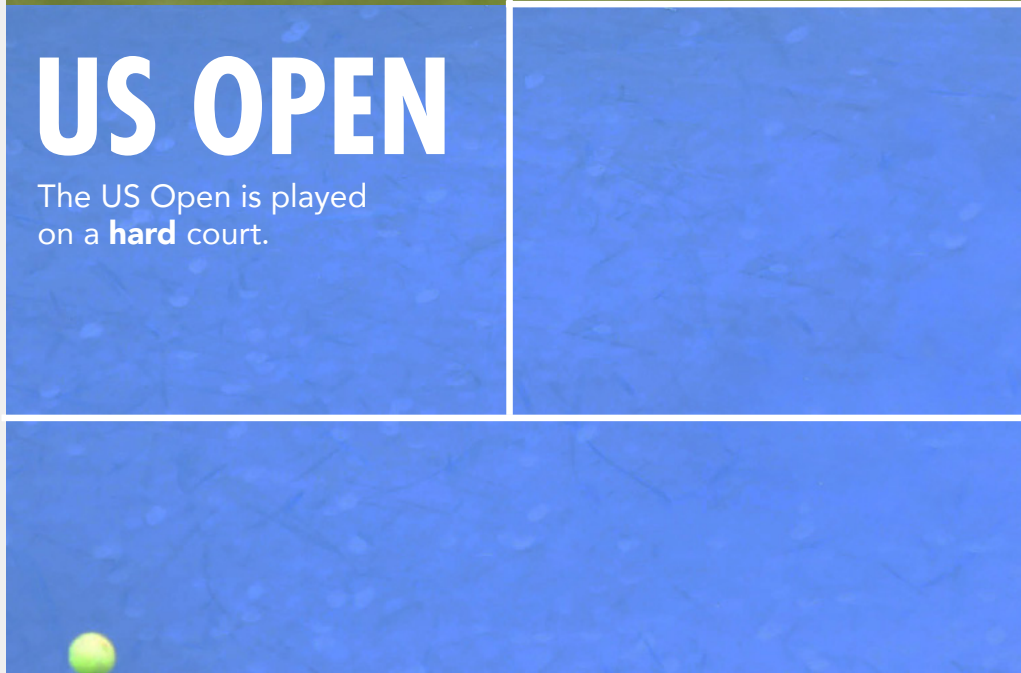
AUSTRALIAN OPEN

The Australian Open is played on a **hard** court.



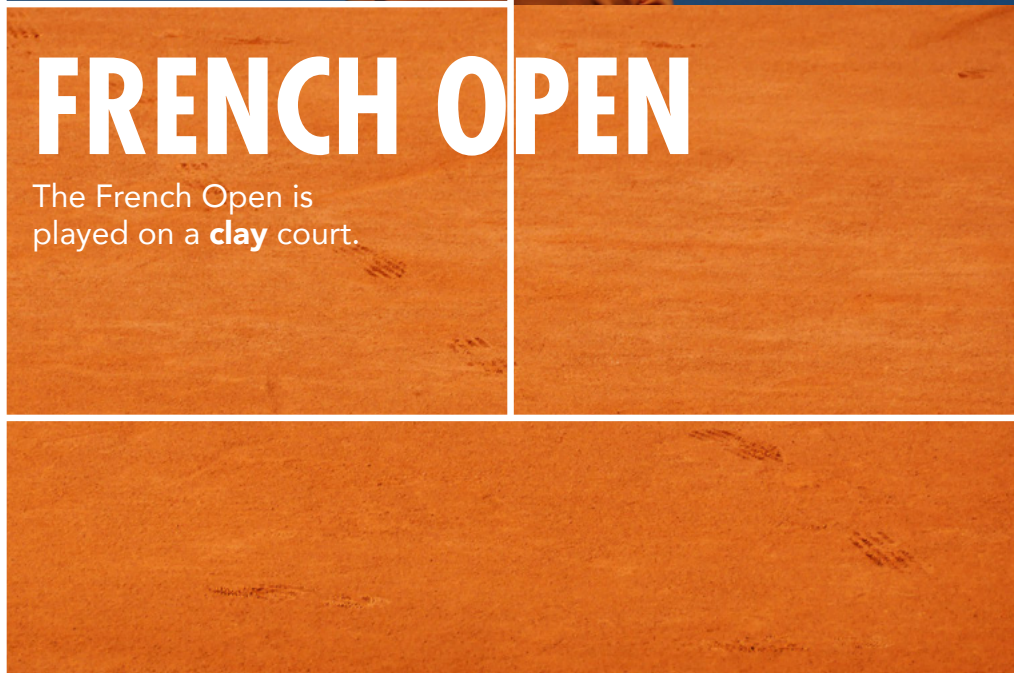
US OPEN

The US Open is played on a **hard** court.



FRENCH OPEN

The French Open is played on a **clay** court.



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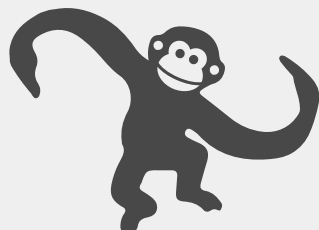
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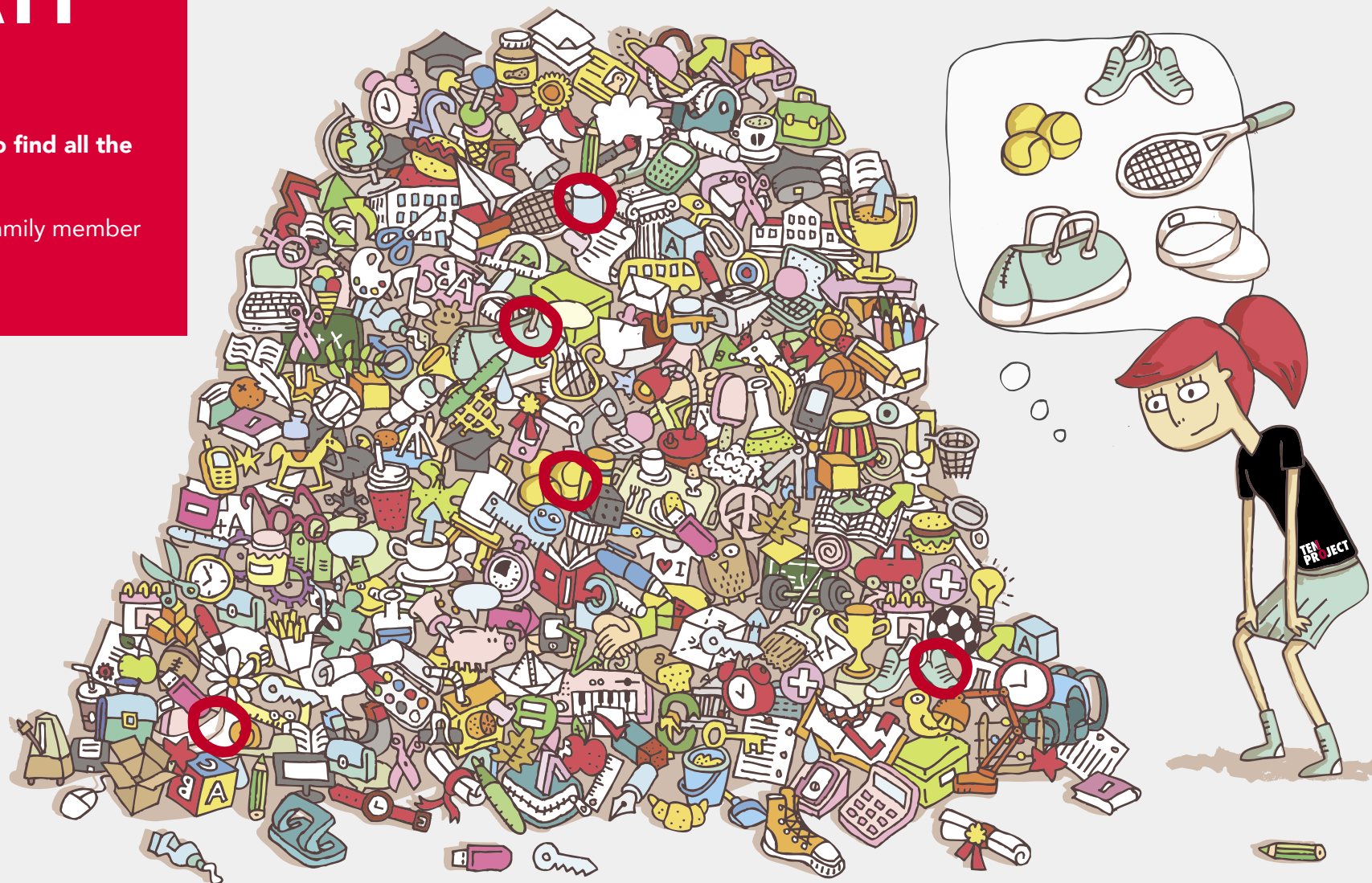


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THE ANSWERS

Now see if a friend or family member can find them.

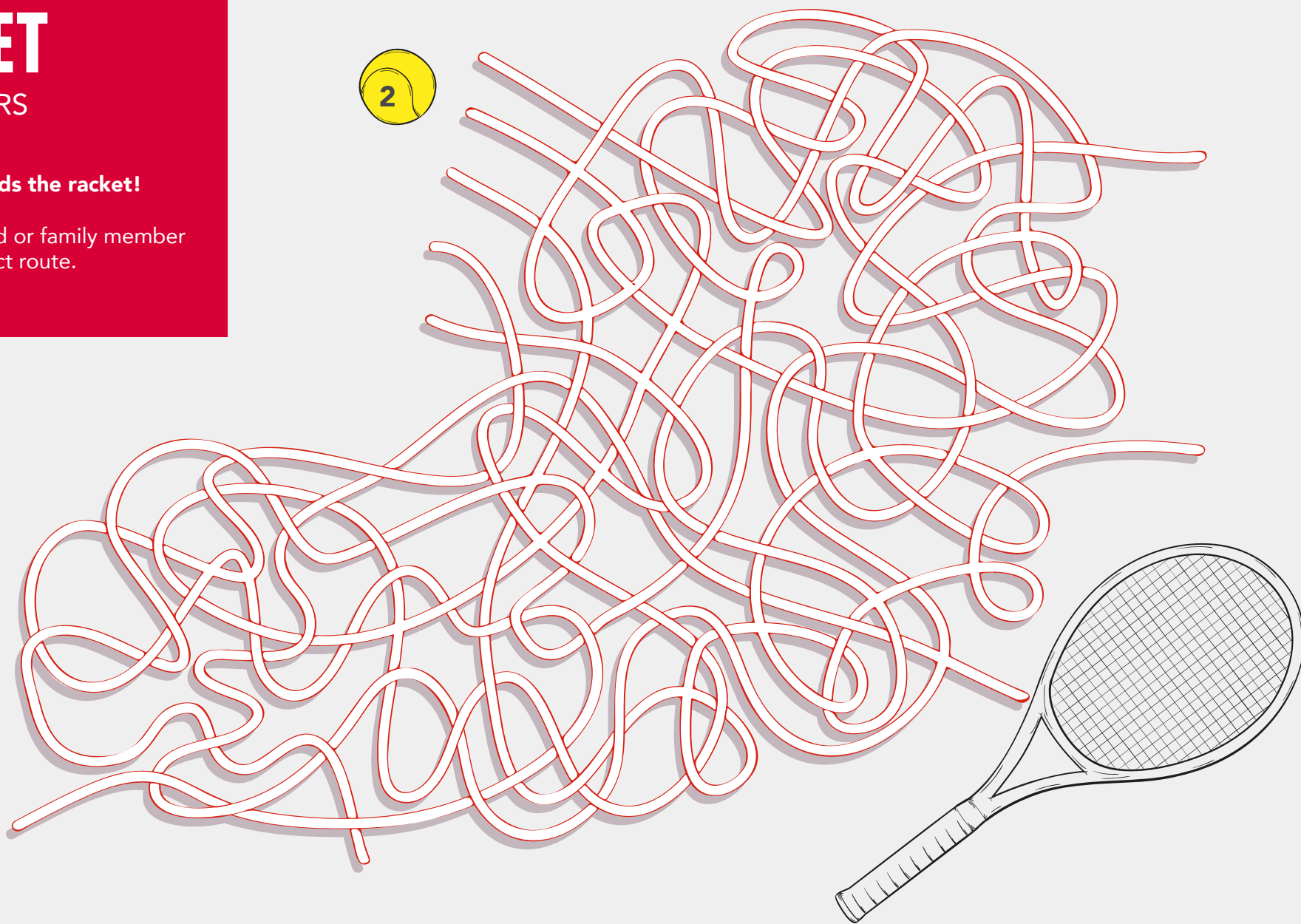


FIND THE RACKET

THE ANSWERS

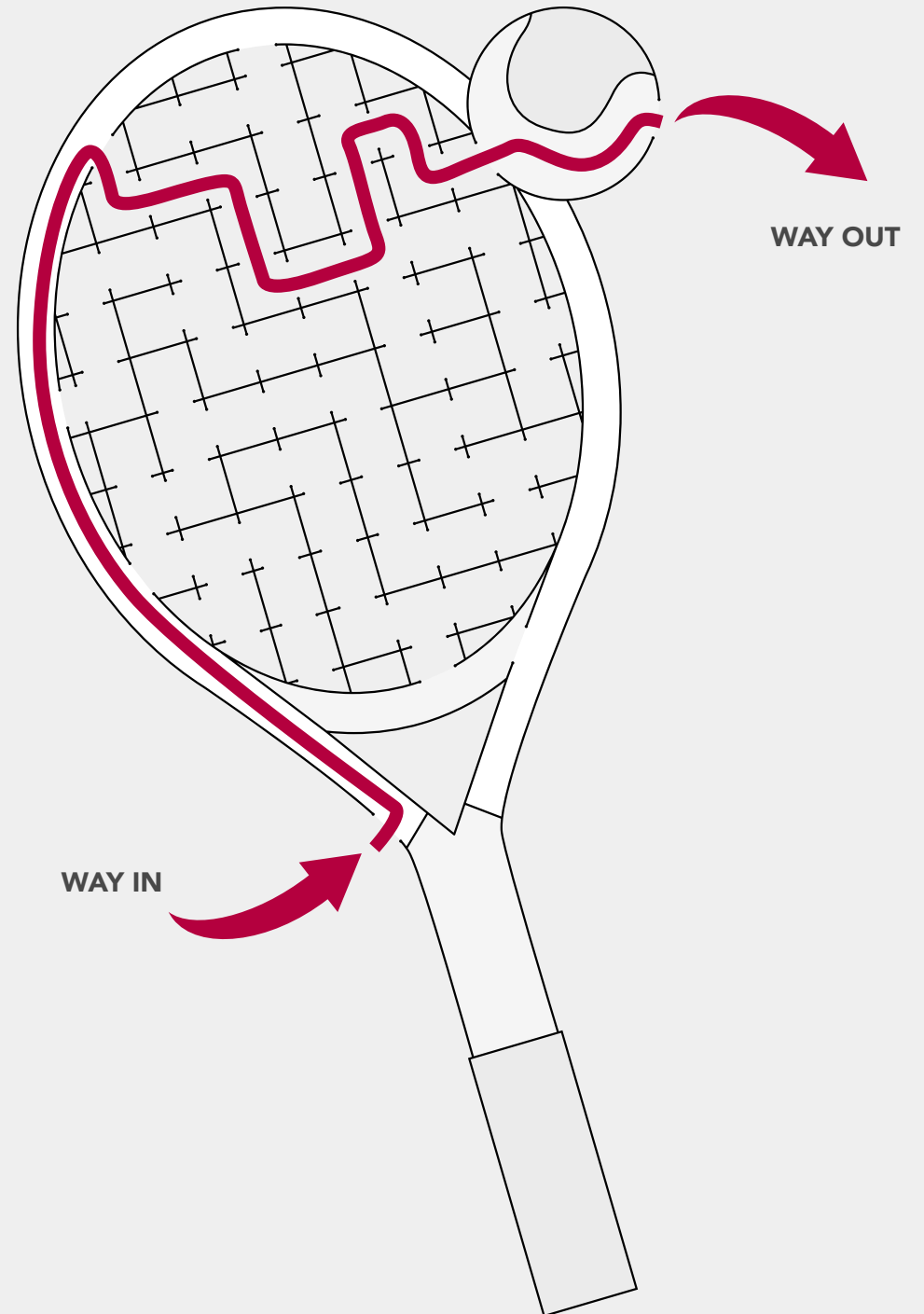
Ball number 2 finds the racket!

Now see if a friend or family member can find the correct route.



STRING MAZE

Did you find your way through the maze?



WORD SEARCH

THE ANSWERS

I hope you managed to find all the words.
Now see if a friend or family member can
find them.

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to the test with the
Ten Project word
search.

LAUGHTER
SMILE
SERVE
FOREHAND
OUT

SKIP
LEARN
BOUNCE
LISTEN
QUICK

THE SHAPE FINDER

THE ANSWERS

I hope you managed to find all the rectangles.
There are 28 in total.

Now see if a friend or family member
can find as many as you did.

www.tenproject.org.uk

