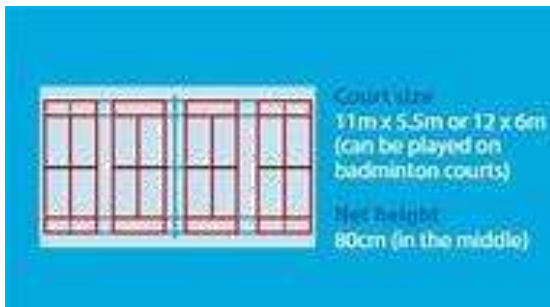


Bristol Free School – Lunchtime Tennis Sessions

Bristol Free School (BFS) has created an environment where mini-tennis is played every day at lunch break by dozens of children of secondary school age. As a result, general participation, after school clubs and school teams have all been a success this year.

WHAT HAPPENS:



During the Summer term the schools MUGA is transformed into 12 permanent 'mini-tennis' courts using fold away 10ft nets. This illustration shows 4 courts

- Pupils are supervised by staff and assisted by student 'Tennis Ambassadors.'
- Equipment = 1 ball per court and a maximum of 4 racquets per court. It is possible to have group games with more than 4 people on one court, but for safety reasons they must share racquets.
- Tennis Ambassadors have been taught some fun games if the kids need some help, but on the most part, general fun and free play seem to rule!

HOW WE DID IT:

- BFS invested in 10ft mini tennis nets and 48 min red soft tennis balls.
- We recruited and trained 4 tennis ambassadors who have tennis as a pastime outside of school.
- Advertised the programme in assembly and tutor groups.
- Launched the lunchtime programme with a student vs staff matches.

TOP TIPS:

- Train up one of your staff on a Lawn Tennis Association Teacher Training course and receive a £500 equipment pack!
- If multiple mini-nets can't be purchased, 'barrier tape' is a cheap and flexible way of creating a net to play over and throw down lines to create court space.
- Always have a strict allocation on balls and racquets. It sets the tone of responsibility within what is mostly a free play session.
- Link up with a local club to create more development opportunities; in this case it was the University of Bristol.

QUOTES:

Jake Y9: *'I love playing tennis – my mates are here so we can play together'*

James Y9: *'it's fun'*

Abdullah Y7: *'I come here to interact – it's fun'*

Luca Y7: *'I like to play here with my friends'*

Max Y7: *'talk to friends and play sport'*

Jonas Y9: *'hitting a ball is satisfying'*

Monty Y10: *'I like tennis – it's good to do at break instead of standing around talking'*

Max Y7: *'to keep active'*

Theo Y7: *'fun playing tennis with everyone, I quite like sport'*

Molly Y9: *"I like playing tennis – it's fun and enjoyable"*

Hugh Y9: *'I like the competitive side – it's a laugh'*