

Tennis Tuesdays

Tennis Tuesdays was created through the collaboration of PE teachers at Baker-Butler Elementary School in Albemarle County and QuickStart Tennis of Central Virginia in 2014. This tennis and nutrition immersion format designed for second-graders is taught in January and February each year. There are five to eight consecutive sessions. The gym is divided into four stations and kids rotate through each session with adult supervision at each station. Seven to eight minutes at the end of each session are devoted to educating students about healthy eating. Different foods are featured at each session. The final session features a ***Go Bananas! Buffet*** of foods covered during the sessions.

- Items needed
 - Kid-sized racquets and low-compression balls
 - Bean bags and/or puffer balls and balloons
 - Traffic cones, jump ropes and hula hoops
 - Buckets
 - ***Go Bananas for QuickStart!*** nutrition cards (45 cards available to choose from, Each card has a different tennis role model)
- Real-life role models
 - Have local tennis players assist with sessions
 - Have local tennis professional and members of tennis team from local college and/or high school make a guest appearance at a session. (College players need to do community service work.)

Sample Season at Baker-Butler

Session One — Bananas card

1. Twice around the gym
2. Tap ups/Tap downs
3. Balance ball on racquet



Tap ups/Tap downs



Balance ball on racquet

Session Two — Cucumbers and Water

1. Bean bag toss and catch with racquet
2. Rally without a net
3. Tap ups/Tap downs
4. Jump rope



Bean bag toss and catch



Rally without a net

Session Three — Nuts & Seeds and Spinach

1. Rally over jump rope/cones net
2. Rally with the wall
3. Bounce, hit, catch with a partner
4. Jump rope



Rally over cones with jumps ropes



Rally on the wall with Scott Brown *Go Bananas!* role model for Spinach card and UVA Men's Assistant Coach



Bounce, hit, catch with partner led by Ally Houston, former #1 player on West Point's Women's tennis team

Session Four — Oranges and Warm up/Cool down

1. Balloon rally
2. Hula hoops
3. Big ball rally
4. Bucket head toss and catch



Balloon rally



Big ball rally



Bucket head

Session Five — Apples and Manners

1. Balance ball on racquet
2. Balance ball relay
3. **Go Bananas!** Buffet



Balance ball relay



Go Bananas! cards from each session



Go Bananas! Buffet

The key is **FUN!**

- Get classroom teachers onboard. They will help promote create excitement for each session.
- Ask tennis players from your community to join in.
- Get your Principal "on court."
- Design a **Tennis Tuesday** season to fit your school! The format is flexible and FUN!
- Check out all of our **Go Bananas!** cards on our [website](#).



The smiles tell the story . . .

Want to be a great adult? Be a QuickStart kid!

*Go Bananas for QuickStart!
QuickStart Tennis of Central Virginia
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