



Active Breaks within Faith settings





...makes it easy to try tennis

...is fun and informal

...can be delivered anywhere

What is SERVES?



LTA SERVES is our leading sport for development programme which takes tennis into **the heart of local communities, targeting those from underserved communities.**



It takes tennis and its benefits **to places it has never been played before** and to people **who may have never picked up a racket** or thought tennis was for them.



What is the Active Breaks programme?



Active breaks between learning sessions offer numerous benefits including improved focus, **increased energy, enhanced memory, and reduced stress**, all contributing to more effective learning and overall well-being.



The Active Breaks programme is designed to offer faith organisations an introduction to Tennis without having to turn a very limited space into a Tennis court.



It is a programme of **quick and fun** games that will get your class ready for the next chapter of learning.

Venues delivering LTA SERVES...



The Grove Youth
Club in Bristol



Fountains Mill Young
Peoples Centre in
London



Khizra Mosque
Manchester



Corams
Fields
London



SWAT
Leicester –
Dasmesh
Darbar
Gurdwara

LTA Serves 'Active Breaks'

You would be committing to delivering Tennis Active Break games within your faith settings lesson breaks over the next 12 months. A minimum of 1 break per week but can be as frequent within the week as you like.

You'll get access to the following as part of this programme;

- Free Online Tennis Activator Training
- Free Active Break Equipment Pack
- Free Game Card
- Access to LTA SERVES - Game, Set, Empower Toolkit Bitesize
- Free access to our yearly tournament between other faith groups
- Access to wider opportunities to play and access tennis for example: Barclays Free Parks Tennis sessions, Local Serves sessions.





FREE Online Tennis Activator Training for your leaders, so they feel confident delivering tennis

**FREE Equipment pack
for your organisation**

3 x 21" rackets
3 x 19" rackets

12 Foam Balls

12 Red Balls

1 x roll of barrier tape

12 x throw down
lines

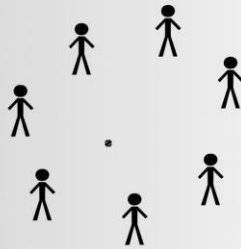
20 x cone markers



Active Breaks

In Faith Settings

GAME 02 - ONE TOUCH



Equipment Needed:

- Rackets
- Soft Ball

How to set up:

Players form a circle

How to play:

Players must keep the ball in the air by hitting the ball with their hands and can only hit the ball once at a time. The player who drops the ball, or hits the ball twice in one go must do 3 burpees.

S

Cone out playing zone- players can't leave the zone

SPACE

T

Whoever drops the ball or hits the ball twice must do 5 burpees

TASK

E

Players have rackets and need to keep the ball in the air by hitting the ball with their racket

EQUIPMENT

P

Players can be in teams and can play against each other

PEOPLE



Active Breaks

In Faith Settings

GAME 01 - SPIN THE RACKET



Equipment Needed:

- 1 Racket

How to set up:

Players form a circle and place a racket in the middle

How to play:

Coach selects a player to spin the racket. When the racket stops spinning, the player the handle points to is 'it'. This player must try to tag everyone else, while the others run around to avoid being tagged. They have 30 seconds to tag as many people as possible. The last player remaining untagged gets to spin the racket the next round.

S

Cone out playing zone- players can't leave the zone

SPACE

T

Whoever the racket points at has to do 10 star jumps

TASK

E

Players have rackets and need to keep the ball in the air by hitting the ball with their racket

EQUIPMENT

P

Introduce another racket and have two tiggers

PEOPLE



Game Card



Game Set Empower Toolkit

Uses Tennis as a tool to positively impact people's lives through a series of tennis activities designed around three key themes: **Self Confidence, Health & Wellbeing, Communities Together.**

Each theme has a series of **FUN** games to support positive social impact outcomes in individuals.



Barclays Free Park Tennis

Free, social tennis sessions, every weekend, coming to a park court near you.

Each week you can sign up to a session at your local park court –no matter your age, background or ability –and play tennis for free.

No partner? No problem. Barclays Free Park Tennis gives you the chance to meet new people, enjoy free exercise with a full-body workout and practice your skills, all in just a one-hour session every weekend at 10:00.

Anyone can play...Play tennis for free...Meet new people...Free workout...Bring the family...We'll provide rackets and equipment...Fun games and exercises...Led by trained volunteers—Both adults and children can get involved and enjoy playing tennis together (children under eight should be accompanied by an adult).



LTA Tennis Awards presented by Lexus

Get your community or organisation recognised!

The annual LTA Tennis Awards, presented by Lexus, highlight the incredible achievements and contributions of people in tennis across Britain.

Over the past eight years, the awards have illustrated the depth of service and talent within the tennis community across Britain and served as an inspiration to others to volunteer, coach, officiate or to play tennis.

The full list of categories is below:

- Lifetime Achievement Award
- Volunteer of the Year
- Rising Star (Young Person) Award
- Development Coach of the Year
- Performance Coach of the Year
- Club of the Year
- Connecting Communities Award
- Park Venue Award
- School of the Year
- University of the Year
- Official of the Year
- Competition of the Year
- Tennis For All (Inclusion) Award
- President's Award



The opportunity for community groups to be recognised for their commitment to LTA SERVES, invited to attend Tennis Tournaments

SIGN UP HERE



Complete & submit a simple form. You will be emailed to confirm your plan has been approved within 2 weeks

<https://docs.google.com/forms/d/e/1FAIpQLSd3Fk4mV7HcAqVp3rR-oVBp2lX6jP9F98LdQMEyh3ZS60lgSw/viewform?usp=header>



Once your plan has been approved complete your Online Tennis Activator Training selecting '**LTA SERVES**' when prompted: [LTA Youth Go! | LTA](#)



Once your leaders have completed the online Tennis Activator Training, we'll send out your equipment pack for your venue to **GET STARTED!**