

PARENT PLEDGE



Blue 1	• Confidently run in an athletic motion whilst maintaining balance • Develop strength whilst balancing the body • Learn to coordinate body parts • Coordinate the body to hit a ball with control • Coordinate the body to control a ball with a racket • Develop an under-arm throwing motion • Read and react to an incoming ball and then coordinate the body to hit it with control • Learn to concentrate on a task • Learn to be polite • Learn teamwork skills • Learn to listen to the coach	What Parents can do to help their child • Be positive and encouraging as your child learns new skills • Help your child run quickly and quietly • Help with balance • Develop reactions by rolling balls at different speeds towards your child • Help with a different activity like running forwards, sidestepping, throw and catch, roll and tap, bouncing a ball, every day for a few minutes
Blue 2	• Move quickly with agility, maintaining balance and allowing the arms to move in rhythm with the legs • Develop strength on both sides of the body • Learn to coordinate different body parts whilst moving • Develop hand-eye coordination • Develop a sense of timing the body with a ball • Learn to coordinate a throwing action • Move the body with precision • Accelerate and decelerate the body whilst maintaining balance • Coordinate the body with a racket and ball whilst moving • Learn to be polite • Learn teamwork skills • Learn to listen to the coach	• Help your child run with the alternate foot and hand moving in rhythm • Help your child watch the ball as it comes towards them • Encourage doing 2 different actions at the same time (ie walk + throw, run + clap) • Play active games. Make up your own simple rules and scoring systems
Blue 3	• Confidently run in an athletic motion whilst maintaining balance • Develop strength whilst balancing the body • Learn to coordinate the body whilst moving • Coordinate the body with a racket to hit a ball with control • Develop the skill to read and react to an incoming ball • Develop hand-eye coordination and sense of timing • Learn to coordinate and control an over-arm throwing action • Learn to combine agility with balance and coordination • Learn to be polite • Learn teamwork skills • Learn to listen to the coach	• Encourage your child to play catch and throwing games using the same hand • Help your child learn to hit the ball after 1 bounce with hand first, then racket • Make sure your child hits the ball at the side of the body
Blue 4	• Move quickly with agility and balance • Develop strength whilst balancing the body • Develop a coordination chain that requires timing, strength and balance • Develop hand-eye coordination skills • Coordinate the body with a racket on both sides of the body • Develop the coordination and timing of a service motion • Develop the skill to read and react to an incoming ball • Learn a sense of timing with hand-eye coordination skills • Develop teamwork skills • Learn to listen to the coach	• Praise effort as your child develops new skills • Help your child learn to hit a ball above their head with hand first, then with racket • Help your child to learn to hit the ball before the bounce and after the bounce • Encourage your child to count how many times in a row they can hit the ball

PARENT PLEDGE



Red 1	• Develop a coordination chain that requires timing, strength and balance • Develop strength whilst balancing their body • Learn to coordinate complex movements • Develop hand-eye coordination skills • Develop the coordination and timing of a throwing action • Coordinate the body and racket with an incoming ball • Develop the tactical knowledge of tennis • Learn strategies to use in competition • Learn teamwork skills • Develop concentration • Learn how to always give the best effort	What Parents can do to help their child
Red 2	• Develop a coordination chain that requires timing, strength and balance • Learn to accelerate and decelerate whilst maintaining balance • Develop coordination with more complex movements • Develop concentration skills whilst rallying • Develop the coordination and timing of a service motion • Read the ball and learn to play at the net • Develop the tactical knowledge of tennis • Understand how the scoring system in tennis works • Develop teamwork skills in a competitive environment • Develops an understanding of tennis etiquette	• Be positive as your child learns these new skills. Praise their effort. • Encourage your child to move in different ways • Give your child the opportunity to practice their throwing skills • Encourage your child to count the number of shots they hit in a row in
Red 3	• Develop balance and hand-eye skills simultaneously • Learn to coordinate complex movements • Develop technical skills whilst playing • Develop consistency in the coordination and timing of a service motion • Read the ball and make good decisions in the game • Develop the tactical knowledge of tennis • Learn to vary strategies whilst rallying • Develop resilience skills in a competitive environment • Learn how to show appreciation when others offer help • Learn to be organised and more self-reliant	• Play running and catching / throwing games for fun • Help your child with the emotions of winning and losing • Play active games. Make up your own simple rules and scoring systems
Red 4	• Develop agility and balance through complex movements • Learn to coordinate complex movements • Develop technical skills whilst rallying • Develop accuracy in the coordination and timing of a service motion • Develop the skills to be able to play at the net • Develop the tactical knowledge of tennis • Learn to vary the strategies whilst rallying • Develop teamwork skills in a competitive environment • Learn what sportsmanship is • Learn to be more inquisitive about the game	• Discuss what playing in a team involves • Praise their effort as well as their performance • Play running and catching / throwing games with balls of different shapes and sizes • Play active games. Make up your own simple rules and scoring systems

PARENT PLEDGE



Orange 1	• Develop agility and balance skills • Develop anticipation skills • Develop efficient movement patterns • Develop technical skills whilst rallying • Develop the coordination and timing of a service motion • Read the ball and make good decisions in the game • Develop the tactical knowledge of tennis • Learn to vary the strategies whilst rallying • Develop teamwork skills • Learn to make good decisions in a tennis match • Understand the rules of tennis	What Parents can do to help their child • Understand that the child's tennis ability is linked to their stage of physical and / or cognitive development • Help to arrange basic skills practice at home (ie. Skipping, juggling) • Work positively with the coach to support the child • Help your child to ask questions, rather than giving opinions • Play active games. Make up your own simple rules and scoring systems
Orange 2	• Develop reactions and speed to the ball • Develop anticipation skills • Learn to harness additional power as strength and flexibility increases • Develop decision making in a rally • Develop the coordination and timing of a service motion to increase power • Develop technical and tactical skills required to play at the net • Develop the tactical knowledge of tennis • Learn the different strategies to employ in a match • Develop the technical skills whilst rallying • Learn tennis etiquette's • Develop organisation and independence • Develop teamwork skills	• Take an interest in what happened and what was learned in each lesson • Understand the relative importance of tennis to the child • Be positive and give encouragement when the child finds an aspect of tennis difficult
Orange 3	• Develop efficiency of movement • Develop dynamic balance • Increase speed • Learn to harness additional power as strength and flexibility increases • Develop decision making in a rally • Develop variety in the serve to gain an advantage • Develop technical and tactical skills required to play at the net • Develop the tactical knowledge of tennis • Learn the different strategies to employ in a match • Develop courage and independence by playing away from home • Learn tennis etiquette • Understand the rules of scoring in tennis • Develop sportsmanship skills	• Allocate enough time for the child to warm up before each session • Keep calm before, during and after each match • Focus on, and praise what the child does well in practice and in matchplay
Orange 4	• Develop anticipation skills • Learn to move with greater efficiency and balance • Learn to harness additional power as strength and flexibility increases • Develop decision making in a rally • Develop variety in the serve to gain an advantage • Develop technical and tactical skills required to play at the net • Develop the tactical knowledge of tennis • Learn the different strategies to employ in a match and when to change them • Develop teamwork skills	• Help your child write a simple match report for the coach • Make sure your child plays at least one other sport, preferably a team sport • Praise effort and avoid criticism after a practice or match

PARENT PLEDGE



Green 1	• Develop anticipation skills and efficiency of movement • Learn to coordinate movements more effectively • Develop speed and stamina • Develop the technical skills in a rally • Develop consistency in the service motion • Develop technical and tactical skills required to play at the net • Develop the tactical knowledge of tennis • Learn to analyse the opponent • Develop decision making skills in a match • Learn what sportsmanship is • Learn how nutrition affects performance	What Parents can do to help their child
		• Understand that every player is at a different stage of development • Ensure that all physical work is relevant to the game and player • Make sure the player has free time away from tennis and school • Encourage player to watch some tennis matches (or parts of) on TV or iPad
Green 2	• Learn to move with agility, coordination and balance • Develop greater flexibility • Develop speed with agility and balance • Develop the technical skills in a rally • Develop variety in the service motion • Develop technical and tactical skills required to play at the net • Develop the ability to change tactics whilst playing • Develop decision making skills in a match • Learn how to handle conflict within a competitive environment • Develop teamwork skills • Learn how to be organised and self-reliant	
		• Ensure that the number of matches is appropriate for the player • Work with the coach to ensure the physical programme is appropriate • Talk frequently with your child on issues other than tennis • Ensure player can pack their own bag for training and competition
Green 3	• Learn different movement patterns and how to move efficiently • Learn how to harness greater strength • Develop coordination in complex movements • Develop the technical skills in a rally • Develop accuracy in the service motion • Develop technical and tactical skills required to play at the net • Develop the ability to change tactics whilst playing • Develop decision making skills in a match • Develop tactical skills whilst playing • Learn how to prepare properly for a competition • Increase the understanding of the game of tennis	
		• Encourage player to take part in other sports • Plan an appropriate tournament schedule with your coach and player • Help your child arrange practice matches with friends • Be positive, praise effort and avoid criticism of performance
Green 4	• Learn different movement patterns and how to move efficiently • Develop speed of movement • Develop coordination in complex movements • Develop the technical skills in a rally • Develop accuracy and variety in the service motion • Develop technical and tactical skills required to play at the net • Learn to how develop a match strategy • Develop tactical skills whilst playing • Develop decision making skills in a match • Learn to be more self-reliant • Increase the understanding of the game of tennis	
		• Ensure the overall workload links to the players development stage • Talk with your child about how to be a good team player and play fairly • Make sure that the workload of school and tennis is linked and balanced