

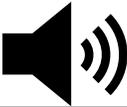
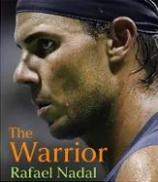
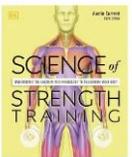


CAISTER ACADEMY
Creative Education Trust
School of Literature
and Performing Arts

Be An Excellent Sportsperson

#LovetoLearn

What could you do to improve your knowledge and understanding and core skills in Tennis and Health related exercise? (Spring 2)

Watch 	Read 	Listen 
<p>Tennis </p> <p>HRE </p>	<p>The Warrior: Rafael Nadal and His Kingdom of Clay </p> <p>Science of Strength Training: Understand the Anatomy and Physiology to Transform Your Body </p>	<p>Tennis pod cast </p> <p>Fitness pod cast </p>
<p>Practice</p>	<p>What?</p>	<p>Who?</p>
<p>Use the hyperlinks below to go to BBC bitesize to practise core skills</p> <p>Tennis techniques Circuit training ideas</p>	<p>What components of fitness are essential to improve your performance within Tennis?</p> <p>What stations would a Tennis player include in their circuit training ?</p>	<p>Who is.....</p> <p> Serena Williams</p> <p> Joe Wicks</p>