



# What is Teddy Tennis ?

**Teddy Tennis is a new fun way to encourage young children aged 3, 4 & 5 years to play tennis and to get active!**

Teddy Tennis works by combining music, pictures and teddy bear stories into a learning adventure that children love.

## A Winning Combination

Combining music and pictures into the learning process produces amazing results. Sound and sight are two of the key human senses and this dual stimulation produces a 'total' learning package rolled into one!

The educational benefits of Teddy Tennis are impressive! Teddy Tennis speeds up the learning process, inspires a love of sport, teaches the essential tennis skills, enhances co-ordination, improves confidence and self-esteem, builds communication skills and team work, lays the foundations for listening and learning, and introduces basic English language skills.

*But having FUN is the real secret of Teddy Tennis*

## The Teaching Program

Teddy Tennis is a structured teaching program that is packaged up into a Coaches Manual and includes three core components: *Play Sessions, Activities and Music.*



The Teddy Tennis Coaches Manual



## Teddy Tennis Play Sessions

Teddy Tennis Play Session are made up of a series of activities or games. These have been carefully devised so as take account of differences in age, ability and experience of the kids that play Teddy Tennis. Each Play Session lasts 50 minutes.

Play sessions are typically grouped into sets of 10 which a child attends on a given day and given time over a 10 week period, although this can vary.

## Teddy Tennis Activities

Teddy Tennis currently has over 40+ activities, all of which are presented as full color pictures of teddy bears at the Teddy Tennis Academy developing their different tennis skills. The pictures (known as Activity Cards) are show to the kids before they start each game or activity so they can see what they are going to do.



Movement Skills



Ball Skills



Racket Skills

Teddy Tennis Activities focus on three areas of skill development. Collectively, they are the key skills required in learning to play tennis, they are:- *Movement Skills, Ball Skills* (i.e. hand to eye co-ordination) and *Racket Skills.*



## **Teddy Tennis Music**

Most Teddy Tennis Activities are accompanied by music. Teddy Tennis Music has been specifically created to provide the right rhythm and timing to play each game or activity. The words of each song tell the kids what to do.



Teddy Tennis Music is a key part of the program, it brings the Play Session alive and provides the inspiration that makes Teddy Tennis so popular with young children, parents and coaches.

There are about 40 different songs in the Teddy Tennis portfolio.

Young children really 'get' the program; they love the music, the characters, the pictures and the games and it is this that makes Teddy Tennis so popular.

## **A Healthy Life Style**

Every parent wants the best for their children; top of their list is for them to stay fit and healthy.



Teddy Tennis helps establish the basis of a healthy life style for children by making exercise and activity FUN and involving. Once children get the bug for being active, they will want to stay active for good.

Teddy Tennis is a very worthwhile and rewarding business to be part of. With your enthusiasm for working with young children, together we can build a thriving and healthy Teddy Tennis community.



## **What the Experts Say.....**

*"Since we've had Teddy Tennis at my school, the difference that I've seen in my pupils is that they are just so enthusiastic about sport in general. They can see their own skills developing; they love the arrival of Head Ted because they know they're going to have fun, lots of music while they do their tennis skills, so they just love every minute of it."*

Elizabeth Heath, Headmistress,  
Ravenstone Preparatory School, London

*"Teddy Tennis is a unique and innovative program that introduces children to the fundamentals of tennis. The unique approach of combining music with motion creates an ideal learning environment for children of all ages and abilities to develop sound athletic and tennis skills. "A child could not receive a better start to tennis."*

*"Teddy Tennis is the best I have seen."*

Peter D. McCraw

Leading tennis researcher and world-renowned developmental coach.

## **To Find Out More**

To find out more about Teddy Tennis call Jo or Steve at our call centre on +(44) (0) 845 643 1173 or email us at [info@teddytennis.com](mailto:info@teddytennis.com).

**We are looking forward to hearing from you.**