

# Our Lockdown Response

#EveryoneForTennis #EverywhereForTennis

## Our Impact

01

HELPED FAMILIES AND OLDER PEOPLE STAY MOTIVATED AND ACTIVE AT HOME.

02

BUILT THE SKILLS AND CONFIDENCE OF LOCAL PEOPLE TO SAFELY LEAD STARTER/FAMILY TENNIS IN HUBS, HOMES AND THE OUTDOORS.

03

BROADENED THE HORIZONS AND BROKEN DOWN BARRIERS TO PLAY FOR CHILDREN, YOUNG PEOPLE, WOMAN, GIRLS AND FAMILIES ACROSS RURAL AND DISADVANTAGED AREAS ACROSS SCOTLAND.

## How we did it

### FAMILY TENNIS



Delivered **14** online Family Tennis Training workshops involving **102** hub workers, teachers, parents, grandparents, youth and community workers.

### STARTER TENNIS



Delivered **11** online Starter Tennis workshops across **9** Scottish Tennis Districts involving **554** teachers, club members, parents, young people and hub workers.

### SOCIAL MEDIA



Remained connected to our communities and increased our social media activity reaching over **24,000** people through themed weeks such as #TopTipTennis #TikTokTennis #TennisAtHome and competitions with fun prizes.



Launched a You Tube Channel with a range of FREE online activities and ideas for anyone coaching, playing or wanting to try tennis. ([youtube.com/c/JudyMurrayFoundation](https://youtube.com/c/JudyMurrayFoundation))

### GIRLS SQUAD



Delivered **4** online Lil Miss Hits courses involving **65** women.



Hosted **2** Zoom Q & A's for **194** women from all over Scotland. **25%** have formed regionalised groups for further engagement and training opportunities post COVID-19.



Partnered with **12** secondary schools to share our online Lil Miss Hits courses with youth sports leaders.

### CONTENT CREATION



Produced **4** new online courses: **1** Family Tennis and **3** Back to Tennis programmes (in partnership with Brodies LLP)



Developed a suite of Visual Tennis Resources in partnership with Education Scotland for primary schools and secondary PE Teachers across Scotland.

## Participant Feedback

"We enjoyed the workshop this morning simple exercises that you can use with our grandchildren and our old selves to keep our hand and eye coordination good"

"Now armed with lots of skills, drills & games to promote Tennis in Fife. Fantastic webinar yesterday with the Judy Murray Foundation"

"Fantastic training delivered by JMF. Tools, methods and approach to engage girls in fun physical activities. SHE Scotland will be incorporating our learning into our new Circle Time primary programme"

"Interesting online session this evening showcasing JMF content. A gentle introduction to tennis with skills easy to adapt and develop for all ages and abilities"