



LYTCHETT MATRAVERS  
PRIMARY SCHOOL

*Led by Bronze Ambassadors*

## Tennis Racket Rally

Year 3

### Bronze

*Level 1*—Let the ball bounce on the floor, to then bounce on racket. Repeat 5 times.

*Level 2*—Let the ball bounce on the floor, to then bounce on racket. Repeat 10 times.

*Level 3*—Let the ball bounce on the floor, to then bounce on racket. Repeat 15 times.

### Equipment

- ◇ Tennis rackets or smaller bats
- ◇ Balls (range of sizes)



### Rules

- ◇ Hold the racket by the handle with one hand
- ◇ Bronze Ambassadors will count the bounces for you
- ◇ Let the ball bounce on the floor and then use the racket to hit the ball up
- ◇ Don't hit the ball too high otherwise you will lose control
- ◇ If you lose control, your rally starts again

## What can you achieve?



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## Tennis Racket Rally

Year 4

Silver

*Level 1*—To keep the ball bouncing up by hitting it with the racket. Repeat 5 times.

*Level 2*—To keep the ball bouncing up by hitting it with the racket. Repeat 10 times.

*Level 3*—To keep the ball bouncing up by hitting it with the racket. Repeat 15 times.

### Equipment

- ◇ Tennis rackets or smaller bats
- ◇ Balls (range of sizes)



### Rules

- ◇ Hold the racket by the handle with one hand
- ◇ Bronze Ambassadors will count the rally for you
- ◇ Keep the ball in the air—if the ball touches the floor, your rally starts again
- ◇ Don't hit the ball too high otherwise you will lose control
- ◇ To stand in the same space when rallying

## What can you achieve?



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## Tennis Racket Rally

Year 5

**Gold**

*Level 1*—To keep the ball bouncing up by hitting it with the racket on one face and then turn to use the other face.  
8 hits (4 rotations).

*Level 2*—To keep the ball bouncing up by hitting it with the racket on one face and then turn to use the other face.  
12 hit (6 rotations).

*Level 3*—To keep the ball bouncing up by hitting it with the racket on one face and then turn to use the other face.  
16 hits (8 rotations).

### Equipment

- ◇ Tennis rackets or smaller bats
- ◇ Balls (range of sizes)



### Rules

- ◇ Hold the racket by the handle with one hand
- ◇ Bronze Ambassadors will count the bounces for you
- ◇ Keep the ball in the air—if the ball touches the floor, your rally starts again
- ◇ Don't hit the ball too high otherwise you will lose control
- ◇ To stand in the same space when rallying

## What can you achieve?





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## Tennis Racket Rally

Year 6

Platinum

*Level 1*—To keep the ball bouncing up by hitting it with the racket on one face, rotate to use the other face and then on the side. 6 hits (2 rotations).

*Level 2*—To keep the ball bouncing up by hitting it with the racket on one face, rotate to use the other face and then on the side. 9 hits (3 rotations).

*Level 3*—To keep the ball bouncing up by hitting it with the racket on one face and then turn to use the other face. 12 hits (4 rotations).

### Equipment

- ◇ Tennis rackets or smaller bats
- ◇ Balls (range of sizes)



### Rules

- ◇ Hold the racket by the handle with one hand
- ◇ Bronze Ambassadors will count the bounces for you
- ◇ Keep the ball in the air—if the ball touches the floor, your rally starts again
- ◇ Don't hit the ball too high otherwise you will lose control
- ◇ To stand in the same space when rallying

## What can you achieve?