



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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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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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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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?