



Learning Objective	Week 1	Week 2	Week 3	Week 4	Week 5	Week 16	Week 7
Year 7	LO: Learn the basics of Table Tennis technique and a RALLY	LO: Learn how to perform a SERVE in Table Tennis	LO: Learn how to perform a FOREHAND/BACKHAND Shot	LO: Developing FOREHAND/BACKHAND Shots	LO: Learn the basics of how to SCORE & OFFICIATE a match	LO: ORGANISE & COMPETE in a Table Tennis tournament	LO: ORGANISE, COMPETE & LEAD a Table Tennis ladder.
Year 8	LO: To RECAP basic Table tennis skills/ technique	LO: Developing FOREHAND/BACKHAND SPIN	LO: Learn how to perform a HIGH TOSS SERVE	LO: Developing SIDE SPIN (Chop/Slice)	LO: Learn how to use DISGUISE during a match.	LO: Learn how to use STRATEGY to outwit your opponents.	LO: ORGANISE, COMPETE & LEAD a Table Tennis ladder.
Year 9	LO: To RECAP more advanced Table tennis skills/ techniques (High Toss Serve)	LO: Recap & develop FOREHAND/BACKHAND SPIN	LO: Develop knowledge of more advanced rules and scoring.	LO: Develop a range of STRATEGIES to outwit your opponents.	LO: Develop the use of DISGUISE during a match.	LO: ORGANISE, COMPETE & INDEPENDENTLY LEAD a Table Tennis tournament	LO: ORGANISE, COMPETE & INDEPENDENTLY LEAD a Table Tennis ladder.

Key Skills

Forehand drive - is the most basic and fundamental stroke. It returns aggressive/attacking strokes and is played with your palm facing your opponent.

Backhand drive - is the mirror of the forehand drive, intended to return attacking shots with the reverse of your hand

Backhand Push - returns short balls, and prevents your opponent from making an attacking return.

The forehand push - is also designed for returning short balls and preventing attacking shots.

Serve - is the final basic skill, you perform the serve to begin each point in the match by playing the ball against both sides of the table. The ball must rest on an open hand and be tossed approximately 10cm before hitting.



Tactics and Strategies

- Attacking and defending
- Create space and cut down space
- Changes of speed
- Changes of direction
- Use of disguise
- Use of spin – backspin/topspin
- Timing
- Decision making



Rules and Regulations

SCORING

- A match is played as the best of 1, 3 or 5 games
 - For each game, the first player to reach 11 points wins the game. However a game must be won by at least a 2 point margin
 - A point is scored at the end of each rally
 - The edges of the table (but not the sides) are part of the legal table surface
- A POINT IS LOST IF A PLAYER**
- Fails to make a good serve
 - Fails to hit the ball onto their opponents side
 - Fails to hit the ball
 - Hits the ball before it bounces (volley)



A GOOD SERVE

- The ball must rest on the palm of the open hand. Toss it up at least 15 cm (6 inches) and strike it so the ball first bounces on the server's side and then on the opponent's side
 - A 'let' service is called if the ball touches the top of the net and goes over and onto the table
 - Let serves do not score points and the server
- MATCH FLOW**
- Each player serves 2 points alternately
 - If a game reaches 10 all, each player serves 1 point alternately until the game is won by 2 clear points
 - After each game players change ends
 - In the final game players change ends after the first player reaches 5 points

Components of Fitness

- Co-ordination
- Agility
- Reaction time
- Power
- Stamina
- Strength



Key Words / Literacy

- Technique
- Accuracy
- Ready Position
- Backswing
- Forward movement
- Follow through



SMSC / Cultural Capital

- Origin of game
- Fair Play – abide by rules
- Co-operation
- Communication
- Respect
- Sportsmanship
- Motivation/Tolerance
- Lead by example

