

Key Stage 3 PE – Year 7 Table Tennis

Enquiry Question:



Background

Students will have a basic understanding of the game and an experience of the skills required

Why we teach it

Sport that is played competitively in local, County and National competitions. Popular within our school community (student voice)

Values

- Learn transferable skills
- BEST: Teamwork
- BEST: Bravery: Understanding their strengths and weaknesses and show resilience

Lesson	Title	Activities	Independent Learning	SMSC Links (Personal Development)	Transferrable Skills
1	Grip, Service and scoring	<p>Teacher to show/demonstrate how to hold the bat, and show how the hand position may change depending on the flight and path of the ball. Students to get a bat each and hold bats using the correct technique.</p> <p>In pairs, 5 throws of the table tennis ball (like throwing a dart) partner to return the ball anyway they see fit, as long as holding bat correctly. Rotate so you play 10 shots each.</p> <p>Teacher to get students in, explain and question any students on service rules or technique. Teacher or experienced player to demonstrate. Back to tables, 5 serves each then change, partner to catch serve and throw back. Have a total of 10-15 serves each.</p> <p>Question students on areas of the table to aim towards, cups, cones, paper can be used as target practice. 5 goes each and change.</p> <p>Progress to partner trying to return serve, if they return it, they win a point, if they fail to return it, server wins a point.</p> <p>Progress to games at the end, first to 5 points, change opponents, use service rules, ie 2 serves each, correct bounces, throw 6 inches, ball must be in show.</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Grip is similar to that of tennis, rounders, badminton.</p> <p>Stance on serve transfers to striking in cricket, forehand drive in tennis.</p>
2	Backhand push	<p>Teacher to show/demonstrate correct technique for a backhand push.</p> <p>In pairs, 5 throws of the table tennis ball (like throwing a dart) partner to return the ball using a backhand push. Rotate so you play a minimum of 10 shots each.</p> <p>Progression: Backhand push rally with your partner. How many times can you keep the ball going before you 'mess up'. 5 mins practice.</p> <p>Competition – which pair in the class can maintain the longest rally? Teacher to start a stop watch. When you 'mess up' you are out. Last pair rallying are the winners. Run this a few times.</p> <p>Games.</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Stance on serve transfers to striking in cricket, forehand drive in tennis.</p> <p>Badminton and tennis backhands.</p>
3	Forehand push	<p>Teacher to show/demonstrate correct technique for a Forehand push.</p> <p>In pairs, 5 throws of the table tennis ball (like throwing a dart) partner to return the ball using a forehand push. Rotate so you play a minimum of 10 shots each.</p> <p>Progression: Forehand push rally with your partner. How many times can you keep the ball going before you 'mess up'. 5 mins practice.</p> <p>Competition – which pair in the class can maintain the longest rally? Teacher to start a stop watch. When you 'mess up' you are out. Last pair rallying are the winners. Run this a few times.</p> <p>Games.</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Stance on serve transfers to striking in cricket, forehand drive in tennis.</p> <p>Badminton and tennis forehands.</p>
4	Backhand Drive	<p>Teacher to show/demonstrate correct technique for a backhand drive.</p> <p>In pairs, 5 throws of the table tennis ball (like throwing a dart) partner to return the ball using a backhand drive. Rotate so you play a minimum of 10 shots each.</p> <p>Progression: Backhand drive rally with your partner. How many times can you keep the ball going before you 'mess up'. 5 mins practice.</p> <p>Competition – which pair in the class can maintain the longest rally? Teacher to start a stop watch. When you 'mess up' you are out. Last pair rallying are the winners. Run this a few times.</p> <p>Games.</p>	<p>Students to officiate their own game.</p> <p>Give feedback to other students</p> <p>Think about their own performance and how it can be improved</p>	<p>Cooperation</p> <p>Integrity</p> <p>Resilience</p>	<p>Stance on serve transfers to striking in cricket, backhand drive in tennis.</p>

Key Stage 3 PE

Enquiry Question:
What is the aim of table tennis?
How many serves do you get? How many points needed to win a game?



Background

Students will have a basic understanding of the game and an experience of the skills

Why we teach it

Sport that is played competitively in local, County and National competitions. Popular within our school community (student voice); aspirations of Academy

Values

- Learn transferable skills
- BEST: Teamwork
- BEST: Bravery: Understanding their strengths and weaknesses and show resilience
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Lesson	Title	Examples of Activities	Independent Learning	BEST Habits link	Transferrable skills
5	Forehand Drive	Teacher to show/demonstrate correct technique for a forehand drive In pairs, 5 throws of the table tennis ball (like throwing a dart) partner to return the ball using a forehand drive. Rotate so you play a minimum of 10 shots each. Progression: forehand drive rally with your partner. How many times can you keep the ball going before you 'mess up'. 5 mins practice. Competition – which pair in the class can maintain the longest rally? Teacher to start a stop watch. When you 'mess up' you are out. Last pair rallying are the winners. Run this a few times. Games.	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication Teamwork Resilience	Stance on serve transfers to striking in cricket, forehand drive in tennis. Same technique as throwing a discus.
6	Doubles play	Explain the rules and regulations for doubles play in table tennis. Focus on service rules, rotation of serving and movement of players when serving. Talk about alternate striking of the ball. Look at footwork and movement once you have played a shot. Give students time to practice the rotation of service and get use to the movement between playing shots. Lots of game play and getting students use to double's play. Games up to 11. challenge another pair afterwards. Finish with top table.	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication	Stance on serve transfers to striking in cricket, forehand drive in tennis. Footwork transfers to badminton and tennis.
7	Game play	Lesson is based on game play. Top table for the whole lesson. Games are timed at 2 minutes, whoever has the most points at the end of 2 minutes will be the winner and will move up 1 table. If you lose, you move down 1 table. At the end of the lesson the better performers will be towards one end of the room, weaker players the other end. A good way to assess ability levels of the class.	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication	Stance on serve transfers to striking in cricket, forehand drive in tennis. Footwork transfers to badminton and tennis.
8	Assessment	Drills on forehand and backhand push, drive, service and rules, and game play to be observed during the lesson. Using prior knowledge and lessons, assess students on ability to perform these shots.	Students to officiate their own event. Give feedback to other students Analyse their own performance and explain ways in which they can improve.	Cooperation Integrity Independence Communication	