


<div> <div> Key Stage 3 PE – Year 8 Table Tennis </div> <div> Enquiry Question: </div> </div>			Background	Why we teach it	Values
			Students will have a basic understanding of the game and an experience of the skills required	Sport that is played competitively in local, County and National competitions. Popular within our school community (student voice); aspirations of Academy.	<ul style="list-style-type: none"> <li>Learn transferable skills</li> <li>BEST: Teamwork</li> <li>BEST: Bravery: Understanding their strengths and weaknesses and show resilience</li> </ul>
Lesson	Title	Activities	Independent Learning	SMSC Links (Personal Development)	Transferrable Skills
1	Grip, backhand and forehand push	Warm up – Keep ball bouncing in air. Forehand & backhand side. Different spin if possible. Rally ½ table each with backhand push. Aim to keep ball low over net. Teaching points; bend knees, on toes, flat bat face (neutral) & pushing action away from body. How consistent is your backhand push? Progression; backhand push to try to beat opponent. Double games basics-teacher demo; basic rules & scoring i.e. alternate shots. Possible condition; extra point for winning with backhand push.	Students to officiate their own game.  Give feedback to other students  Think about their own performance and how it can be improved	Cooperation  Integrity  Resilience	Grip is similar to that of tennis, rounders, badminton. Stance on serve transfers to striking in cricket, forehand drive in tennis.
2	Forehand topspin	Warm up in 4’s– Recap prior learning in a rally. Discuss topspin bat position (closed bat faced). Highlight the physics of topspin. What type of shot it is? Attacking. Pairs. 1-1 cross court – forehand topspin rally + partner push feeds. Teaching points; bat face, action = low to high (over shoulder). Place A3 piece of paper on each side. Aim for target-1 point. Double games-Recap rules & scoring. King of the court-winners up, losers down. Use condition games-2 pts for winning forehand shot.	Students to officiate their own game.  Give feedback to other students  Think about their own performance and how it can be improved	Cooperation  Integrity  Resilience	Grip is similar to that of tennis, rounders, badminton. Stance on serve transfers to striking in cricket, forehand drive in tennis.
3	Backhand topspin	Warm up in 4’s– Recap prior learning in a rally. Recap benefits of topspin. Watch clip of backhand topspin, or teacher/student to demonstrate. Highlight possible teaching points; close bat face, action = pocket, mirror (throwing Frisbee) & follow through up high (See ‘backhand topspin’ QR code) Discuss when might you use it? 1-1 – cross court rally. Competition- count consecutive shots. Doubles games- King of the court competition.	Students to officiate their own game.  Give feedback to other students  Think about their own performance and how it can be improved	Cooperation  Integrity  Resilience	Grip is similar to that of tennis, rounders, badminton. Stance on serve transfers to striking in cricket, forehand drive in tennis.
4	Service and scoring  There are 4 types of service: a) Plain (without spin) b) Chop (backspin) c) Topspin d) Sidespin	Warm up – Recap grip and backhand push in a 3 min ½ table rally. Intro service rules- T.P’s; present ball, (no disguise), must be behind line, 6 inch throw up, diagonal & bounce on each side. 1 vs 1 – experiment with serves. Progression-add spin if possible. Serve diagonal and play out point. Doubles games-Recap doubles rules & scoring. i.e. service order and rotation. King of the court competition.	Students to officiate their own game. Give feedback to other students  Think about their own performance and how it can be improved	Cooperation  Integrity  Resilience	Grip is similar to that of tennis, rounders, badminton. Stance on serve transfers to striking in cricket, forehand drive in tennis. Scoring transfers to other net games, different format, but same principal. Tennis, Badminton.

## Key Stage 3 PE

**Enquiry Question: Why do we need to know where our opponent is standing in order to play our next shot?**



## 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

Lesson	Title	Examples of Activities	Independent Learning	SMSC Links (Personal Development)	Transferrable Skills
5	Doubles/single game 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.
6	Outwitting Opponents in competitive games	Warm up - Play 'battleships' - Use paper/markers/spots to focus pupils to direct shots towards a target area. Remove target once hit. Recap previously learnt core skills in a warm up rally + discuss game basics (See 'basics' QR code). Organise class tournament to allow all pupils to demonstrate learning against outcomes. King of the court competition - 3 minute games. Pupils to officiate and score doubles matches. Place targets in harder positions on the table i.e. nearer the edges and the net. Mid-lesson plenaries check – discuss ways to beat an opposition. How can you find out opposition weaknesses?	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	Grip is similar to that of tennis, rounders, badminton. Stance on serve transfers to striking in cricket, forehand drive in tennis. Shot placement transfers to rounders, tennis, badminton, cricket in terms of looking for space and assessing opponents position.
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	