

Key Stage 3 PE – Year 9 Table Tennis

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); aspirations of Academy.

Values

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

Enquiry Question: Why do I need to change my footwork or body position, depending on where the shot is played?



Lesson	Title	Activities	Independent Learning	SMSC Links (Personal Development)	Transferrable Skills
1	Recap push shot & game play	Teacher to show/demonstrate correct technique for a backhand push. 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. Progression: Backhand push 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 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. Spatial awareness in all sports. Maths and numeracy in keeping score.
2	Backhand/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 (A4 sheet to make more difficult) piece of paper on each side. Aim for target-1 point. Repeat for backhand topspin. 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 transfers to striking in cricket, forehand/backhand topspin in tennis.
3	Slice	It is very simple, usually used for keeping the point alive and creating offensive opportunities. A slice resembles a tennis slice: the racket cuts underneath the ball, imparting backspin and causing the ball to float slowly to the other side of the table. 5 feeds into Player A, player A plays 5 slice shots back to Player B who catches the ball and throws/serves again. Rotate Player A and B. Do this 3 or 4 times so they've both had 20 or so attempts at the slice shot. Try backhand slice after forehand slice. Slice rally with partner, how many times can you keep the ball going. Games.	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 transfers to striking in cricket, forehand/backhand topspin in tennis Catching and throwing transferrable to cricket, rounders, 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. Try each serve. Play 5 shots of each serve. Partner to do the same. Receive by catching and throwing it back to partner. Progression-add spin if possible. Teacher to show youtube video on spin serves. https://www.youtube.com/watch?v=EuXKHxRcRbQ 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 Maths and numeracy

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Enquiry Question:



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Lesson	Title	Examples of Activities	Independent Learning	SMSC Links (Personal Development)	Transferrable Skills
5	Doubles game play	<p>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.</p> <p>Give students time to practice the rotation of service and get use to the movement between playing shots.</p> <p>Lots of game play and getting students use to double's play. Games up to 11. challenge another pair afterwards. Finish with top table.</p>	<p>Students to officiate their own event.</p> <p>Give feedback to other students</p> <p>Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation</p> <p>Integrity</p> <p>Independence</p> <p>Communication</p>	<p>Stance on serve transfers to striking in cricket, forehand drive in tennis.</p> <p>Footwork transfers to badminton and tennis</p>
6	Outwitting Opponents in competitive games	<p>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?</p>	<p>Students to officiate their own event.</p> <p>Give feedback to other students</p> <p>Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation</p> <p>Integrity</p> <p>Independence</p> <p>Communication</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> <p>Shot placement transfers to rounders, tennis, badminton, cricket in terms of looking for space and assessing opponents position.</p>
7	Singles game play	<p>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.</p>	<p>Students to officiate their own event.</p> <p>Give feedback to other students</p> <p>Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation</p> <p>Integrity</p> <p>Independence</p> <p>Communication</p>	<p>Stance on serve transfers to striking in cricket, forehand drive in tennis.</p> <p>Footwork transfers to badminton and tennis.</p>
8	Assessment	<p>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.</p>	<p>Students to officiate their own event.</p> <p>Give feedback to other students</p> <p>Analyse their own performance and explain ways in which they can improve.</p>	<p>Cooperation</p> <p>Integrity</p> <p>Independence</p> <p>Communication</p>	