

Knowledge

Organiser

*Physical Education*

*Year 8 Table Tennis*

Name:

Form:



## What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, Non-marking trainers and white sports socks/school blue PE football socks.

### Assessment Criteria

1	Demonstrates ineffective skills and techniques. Lack of control.
2	Demonstrates basic grip and skill level, beginning to use forehand and backhand.
3	Can use forehand and backhand. Able to serve and maintain basic rally.
4	Beginning to play with variation to outwit the opponent. Attacking and defensive shots attempted.
5	Push and drive shots evident and beginning to use spin, particularly on service.
6	Few unforced errors. Plays tactically, selecting shots and switching between attack and defence.
7	Demonstrates very good level of skills with consistency and use of tactics. Likely club player.
<b>S1</b>	<b>Social</b> Cooperate with others, working as a pair or group to complete an activity.
<b>H2</b>	<b>Health</b> Perform a warm-up independently and explain what I am doing.

## Big Questions

1. How do I hold the bat correctly and why is this important?
2. What are the rules for the game and how do we apply them in different situations in match play?
3. What are the key techniques for playing a forehand
4. What are the key techniques for playing a backhand?
5. How do I serve the ball effectively and within the laws of the game?
6. How can I outwit my opponent?

### Web Links:

Amazing shots:

<https://www.youtube.com/watch?v=RaN67O77hDY>

How to play the shots:

<https://tabletennisengland.co.uk/clubs/schools/>





The key points about this grip are:

**1** Your thumb and first finger should lay along the playing surface, roughly parallel with the straight edge of the rubber.

**2** Your other three fingers should be relaxed around the handle of the bat – do not grip too tightly as this will 'lock up' the muscles in your arm and inhibit your touch, the speed of your strokes and the amount of spin you can impart on the ball.

**3** The shoulder of the blade should lay in the 'V' between your first finger and thumb, so that if you drew a straight line extending from the top edge of the blade, it would continue down your forearm.

This grip will give you the ability to develop good control of the bat angle, and the 'feel' of the ball on the bat. It will also enable you to play strong strokes on both the forehand and backhand equally without changing your grip – again this will improve your control of the ball, especially in the early stages playing.

## TABLE TENNIS

# RULES

### 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)

### 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

### 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 serves again



H D C P L E D N A H E R O F P B O E  
W J T I H R E T N U O C R E J Q E T  
B G S T I E S J N I P S N O V R T N  
R D E U C E X N B T D I Y K G P L E  
R A L L Y G R F E A L V E M J W U M  
D I P F L I N L A D L Y I Q Z F A A  
G D E R S E K O N E Z L L C B O F N  
L H Q E T H L E P R V J S O T P Z R  
P P C P C U A B D G A I Y S N T D U  
O W L T A T W P A N N C R D I X Y O  
O G A G G D V S B T I I K D O P B T  
L M D N L A D V C H O P P E P U Q B  
E D X W C O S L E D R E S F T X F F  
R N I E I I V F E E L N D K A F D P  
M T O P S P I N T Y Z N D S C Y E E  
U U K C L Q E U E R A I E E V A L C  
Q A O O B V R A O H D R R E D V B N  
K R O F A N V S K P V O W D E J L U  
S P Z G M N D C X E C V U O Y Q D O  
Y B G R I P A A Q S W Y I Q K H I B  
Z M O U E B S N T Y E L L O V U L D

ACE  
BACKHAND  
BACKSPIN  
BALL  
BOUNCE  
CHOP  
COUNTERHIT  
DEUCE  
DRIVE  
ENDLINE  
FAULT  
FOREHAND  
GRIP  
LOOP  
MATCH  
PADDLE  
PINGPONG  
POINT  
RACKET  
RALLY  
RELOOP  
RETURN  
SCORE  
SERVE  
SPIN  
TABLE  
TOPSPIN  
TOURNAMENT  
VOLLEY

- What is the lowest number of points a player needs to score to win a game of Table Tennis?
  - 10
  - 11
  - 15
  - 21
- What happens if the score reaches 10 – 10?
  - Next point wins
  - The game is declared a draw
  - A player has to win by two clear points
  - The game is restarted
- What two colours must each side of the racket be?
  - Both sides red
  - Both sides black
  - One side red and one side black
  - Of any two clearly different colours
- Which FIVE of the following statements are correct concerning the duties of an umpire (Question worth 5 points).
  - Check the height of the net
  - Provide rackets for the players
  - Check that the rackets being used are legal
  - Toss a coin to see who has first choice
  - Choose who will serve first
  - Decide the result of each rally
  - Give coaching advice to the players
  - Call the score
- The player who wins the toss at the start of the match can choose
  - to serve first
  - to receive first
  - to start play at a particular end
  - any of a), b) and c) above
- What happens when the ball in service clips the net before landing correctly on the receiver's court?
  - The umpire calls a let and the rally is replayed
  - The receiver calls a let and the rally is replayed
  - The server calls a let and the rally is replayed
  - The players must continue play
- Up until the score reaches 10 10, how many successive services does each player have?
  - 1
  - 2
  - 3
  - 5
- If the score reaches 10 - 10, how many successive services does each player then have?
  - 1
  - 2
  - 3
  - 5
- From the following list, which SIX statements are correct with regard to a legal service in a game of singles. (Question worth 6 points)
  - A player must serve backhand
  - The ball must be stationary on the open palm of the server's hand
  - The ball must be served diagonally from the right hand court
  - The server must at all times be behind his or her end line
  - The ball must be above the table level and behind his or her end line
  - The ball must be thrown upwards at least 16cm
  - The ball must be thrown upwards above head height
  - The ball must not be hidden from the receiver
  - The ball must be hit when on the way up from the server's hand
  - The ball must be struck when falling
  - The ball must bounce once on the servers court and then onto the receiver's court.
- From the following list, which FOUR statements are correct. (Question worth 4 points). A player wins a point if his or her opponent
  - fails to make a good return
  - deliberately strikes the ball with the back of his or her racket hand
  - fails to make a good service
  - In doubles, strikes the ball out of turn
  - accidentally touches the playing surface with his or her free hand
  - accidentally touches the playing surface with his or her racket