

Knowledge

Organiser

Physical Education

Year 10 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

3	Demonstrate basic grip and skill level. Beginning to use backhand and forehand.	
4	Can use backhand and forehand. Able to serve and maintain a rally.	
5	Beginning to play with variation to outwit opponent. Attacking and defensive shots attempted.	
6	Drive and push shots are evident on both forehand and backhand sides. Good technique.	
7	Variety of shots evident and beginning to use spin, particularly on serve.	
8	Few unforced errors. Plays tactically, selecting shots and switching between attack and defence.	
9	Uses loop, chop and smash to good effect. Likely club player.	
P7	Personal	Consistently demonstrate a positive attitude to learning and practice independently to improve.
T8	Thinking	Critically analyse and evaluate all aspects of performance and have the ability to solve complex problems.

Big Questions

1. What are the rules of the game and what tactics have we already learnt?
2. How do I play a push shot and when would I use it?
3. How do I play a drive shot and when should I use it?
4. How does the effectiveness of my footwork influence the success of my shots?
5. How can serve variation draw an error from my opponent?
6. What is 3rd ball attack and how can this tactic be implemented to good effect?

Web Links:

Forehand/Backhand Push tutorials:

<https://www.youtube.com/watch?v=3D9VWKR-iFc>

https://www.youtube.com/watch?v=i_NAMempMvs

Third Ball Attack:

<https://www.youtube.com/watch?v=zYOwkAb302k>



TECHNIQUE : BASIC STROKE

BACKHAND PUSH

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:

1. Ready position
2. Backswing to include arm and body movement
3. Forward movement to include the forward swing & contact
4. Follow through

These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.

When do you use a push during a rally?

When do you use a drive during a rally?

How does the bat angle differ between a drive and a push?



1. READY POSITION

- Crouched facing the direction you would like the ball to travel
- Close to the table

2. BACKSWING

- Bat moves back towards the stomach with an open angle

3. FORWARD MOVEMENT

- Produced from the elbow as bat moves forward and slightly downwards
- Contact the ball

4. FOLLOW THROUGH

- Bat moves forwards and downwards
- Recover to ready position

TECHNIQUE : BASIC STROKE

FOREHAND DRIVE

To make it easier to describe and analyse strokes in table tennis, they are broken down into 4 stages:

1. Ready position
2. Backswing to include arm and body movement
3. Forward movement to include the forward swing & contact
4. Follow through

These stages are used for each stroke throughout the programme and should be explained when each new stroke is demonstrated.

Understanding the game

How many points do you need to win a game?

How many serves do you get?

What happens if a player volleys the ball?



1. READY POSITION

- Crouched with left foot slightly forward
- Close to the table

2. BACKSWING

- $\frac{1}{4}$ rotation demo the waist to the right
- Arm rotates back and downwards at the elbow

3. FORWARD MOVEMENT

- Arm moves forward and upwards as the body unwinds from the waist
- Weight transfers from the right to the left foot
- Contact at top of the bounce

4. FOLLOW THROUGH

- Bat arm continues to move forward and upwards, finishing in line with the nose
- Recover to ready position

Using the space below describe what is meant by the term '3rd ball attack' and explain how you can use this within your play?

Use the grid below to describe the tactics you can use in a table tennis match to win a point.

Tactic	How will it give you an advantage?