

PE – KS3 – TABLE TENNIS

A BASICS		
1	Aim	<ul style="list-style-type: none"> Hit the ball over the net onto your opponents side A point is scored if they fail to return the ball to your side E.g they miss the ball, they hit the ball but it misses your side of the table, the ball hits the net or they hit the ball before it bounces on their side of the table.
2	Scoring	<ul style="list-style-type: none"> The winner of the game is the first to 11 points There must be a gap of two points
3	Players	<ul style="list-style-type: none"> You can play with 2 players as singles or 4 players as doubles.
4	Match	<ul style="list-style-type: none"> A match could consist of one game to 11 or best of three.

B SKILLS AND TACTICS		
1	Grip	<ul style="list-style-type: none"> Grip the bat as if you are shaking hands with the bat.
2	Forehand Drive	<ul style="list-style-type: none"> An attacking stroke with a small amount of top spin. Stand slightly side on, have a back swing, arm moves forward with the body and strike through the ball. The bat should be at an angle.
3	Backhand Drive	<ul style="list-style-type: none"> As above but on the opposite side of the body. Movement comes more from the elbow and forearm.
4	Backhand push	<ul style="list-style-type: none"> This is a more defensive shot. . Bat nicely angled, pushing the ball underneath with a straight wrist and movement from the elbow. a good follow through towards the net
5	Wide angles	<ul style="list-style-type: none"> Use a wide angle when returning to your opponent which makes it difficult for them to return.
6	Placement of shot	<ul style="list-style-type: none"> Asses your opponent and decide which side they stronger/weaker on. Play your shots towards their weaker side.
8	Spin shot	<ul style="list-style-type: none"> Learn how to use spin effectively. This can confuse your opponent because of the movement on the ball.

C RULES		
1	Serving	<ul style="list-style-type: none"> Ball must be in a open palm Thrown vertically at least 16 cm Ball must be behind the table The ball does not have to be served diagonally (singles)
2	Match play	<ul style="list-style-type: none"> You have 2 serves before it is your opponents turn to serve twice At 10-10 it's deuce. You get one serve each and you must win by two.
3	Doubles	<ul style="list-style-type: none"> The serve must go diagonally The double pair must strike the ball alternately.

D LINKS TO THEORY		
1	Coordination	<ul style="list-style-type: none"> The ability of parts of the body to work together to move smoothly and accurately To hit the ball with precision and accuracy.
2	Agility	<ul style="list-style-type: none"> The ability to change direction at speed. To move the body along the table to play a shot.
3	Reaction time	<ul style="list-style-type: none"> The ability to react quickly to a stimulus The stimulus is the ball and your ability to react quickly to where your opponent has hit the return.

