



KEY KNOWLEDGE

During this half-term, you will develop skills and techniques in Table Tennis. You will be developing core and advanced skills, building towards your assessment in the 'range of skills' (AF1), and 'quality of skills' (AF2). You will also be assessed throughout the year in 'physical and psychological attributes' (AF3), 'skill application' (AF4), and 'leadership skills' (AF5). The skills you'll develop will transfer to GCSE PE and Sport Studies courses offered at KS4.

Y7 Table Tennis

Control, Accuracy and Fluency

You will be assessed on how well (quality) you can perform the key skills, considering **control**, **accuracy** and **fluency**.

Try to describe what **control**, **accuracy** and **fluency** look like for each skill.

5 minute Challenge

1. What are the rules for service?
2. How close should you stand to the table?
3. How do you score in table tennis?
4. Why do you put top spin on the ball?
5. Practice your throwing and catching with one hand to improve your co-ordination.



KEY VOCAB

Key Skills	
Range	Range
Serving	High toss serve
Return of serve	Forehand: Counter-hit
Forehand: Hit	Sidespin
Forehand: Push/slice	Stance/ footwork
Backhand: Hit	Court position
Backhand: Push/slice	
Topspin	

Core skills (left column) and *Advanced skills* (right column)

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Push:

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

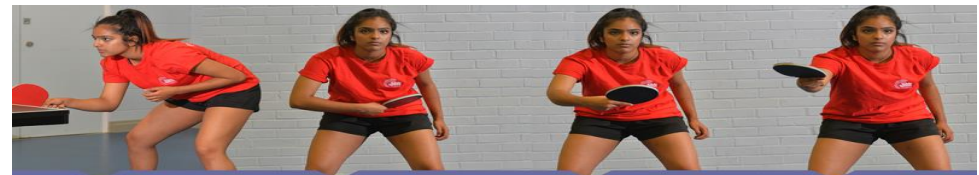
Serve:

<https://www.youtube.com/watch?v=NfmPcpi4sfc>

Topspin:

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

BROADEN YOUR KNOWLEDGE



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
- Slight rotation at the waist

3. FORWARD MOVEMENT

- Produced from the elbow and bat moves forward and slightly upwards
- Contact at top of the bounce in front of eye line

4. FOLLOW THROUGH

- Bat moves in the direction you want the ball to travel
- Recover to ready position