



Y8 Table Tennis



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.

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. Where in the world is table tennis most popular?
2. What are the advanced rules for service?
3. What happens if you hit a backspin shot?
4. What is the ready position?
5. Practice your ball toss for serving.



KEY VOCAB

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

Physical Education

SPEAK
READ
ARTICULATE
THINK
QUESTION
WRITE
SPELL



LINKS FOR FURTHER RESEARCH

Backspin:

<https://www.youtube.com/watch?v=VKAFl9ZpbKE>

Chop:

<https://www.youtube.com/watch?v=g4n0YXKt8FU>

Footwork:

<https://www.youtube.com/watch?v=M0v5SvID1oQ>

BROADEN YOUR KNOWLEDGE

