



## Y9 Autumn 1 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. Name the current Olympic champion in table tennis.
2. What is the benefit of a high toss serve?
3. What is the Falkenberg drill?
4. How can you make a drill more challenging?
5. Practice generating top spin using your hand.



### KEY VOCAB

Key Skills	
Range	Range
Serving	High toss serve
Return of serve	Forehand: Loop
Forehand: Hit	Forehand: Counter-hit
Forehand: Flick	Forehand: Block
Forehand: Smash	Forehand: Lob
Forehand: Push/slice	Sidespin
Forehand: Chop	Corkspin
Backhand: Hit	Stance/ footwork
Backhand: Flick	Court position
Backhand: Push/slice	
Backhand: Chop	
Topspin	
Backspin	

## Physical Education

SPEAK  
READ  
ARTICULATE  
THINK  
QUESTION  
WRITE  
SPELL



### LINKS FOR FURTHER RESEARCH

Flick:

[https://www.youtube.com/watch?v=mC0H6OLL\\_4M](https://www.youtube.com/watch?v=mC0H6OLL_4M)

Smash:

<https://www.youtube.com/watch?v=T8dHrFpZ8LA>

Loop:

<https://www.youtube.com/watch?v=Jpqo4s6M4GQ>

## BROADEN YOUR KNOWLEDGE

**TABLE TENNIS** Four key techniques to success in Olympic table tennis matches.

**TECHNIQUE**  
**Backhand sidespin serve** - increases chance of weak return

Take a low relaxed stance → Throw the ball upwards → As the ball drops, use a short stroke

**HOW TO ADD SPIN**  
**Topspin**  
Start your stroke below and behind the ball in an upward and forward motion.  
Direction of racket → Rotation → Direction of ball

**Forehand flick return** - used to attack short balls

Bring your arm up to spin the ball → Use a simple push to return the ball → Return to the ready position

**Backspin**  
Start your stroke above and behind the ball, brush the ball in a downward and forward motion  
Direction of racket → Rotation → Direction of ball