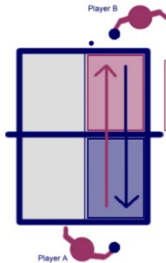
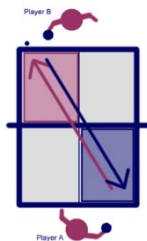


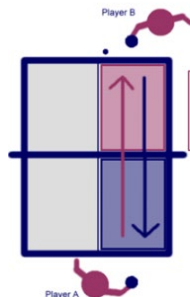
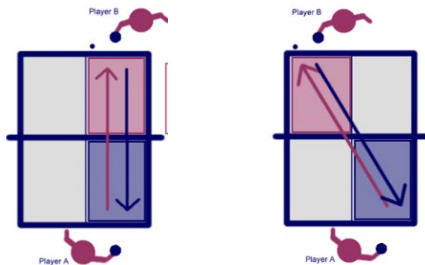
Year 7 – Table Tennis

Unit aim	To become more competent with the basic techniques required to play a game of table tennis				
Lesson outcomes	Grip, stance and basic ball control	backhand push from simple feeds	Backhand push with varied feed and to different table locations	Developing spin control over the backhand push	Countering a poor backhand push - Forehand topspin
Intended Knowledge	Students will know how to hold the bat correctly Students will know a basic stance during a rally/game Students will know how to complete a simple rally using basic shot technique Students will know the terms “weight” and “direction” when applied to table tennis	Students will know how to feed the ball in correctly Students will know how to complete a backhand push correctly Students will know how to extend their arm when using this shot Students will know how to maintain a score in a game type situation	Students will know how to complete a backhand push correctly Students will know how to change the direction of the hit Students will know how to maintain a score in a game type situation	Students will know how to create backhand a spin Students will know how to use a backhand spin in a game in a game Students will consider the angle of the bat when playing this shot	Students will know how to use a forehand topspin correctly Students will know how to feed the ball in correctly (higher bounce) Students will consider the angle of the bat when playing this shot
Prior knowledge	Students may have some knowledge of table tennis from primary or outside of school	Students will know how to hold the bat correctly Students will know a basic stance during a rally/game	Students will know how to feed the ball in correctly Students will know how to complete a backhand push correctly	Students will know how to change the direction of the hit Students will know how to maintain a score in a game type situation	Students will know how to change the direction of the hit Students will know how to maintain a score in a game type situation

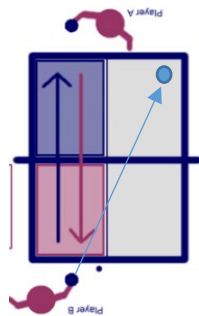
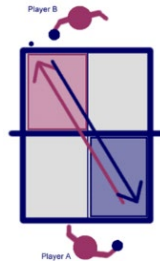
Lesson 1 - Grip, stance and basic ball control

Do now 	What rules do you know in table tennis? What shot types do you know?			
Teacher exposition (I do) 	Grip • Your index finger on the backhand rubber. • Your thumb tucked in on the forehand side. • The other three fingers loosely wrapped around the handle. • Little to no gap between the top of the handle and your hand. • The 'V' or crease of your hand in line with the edge of the bat. Forehand push Task cards\Forehand push task card.doc Use attached document			
Learning task (We do / you do) 				
<i>Practice</i> Set up Both players A and B play a continuous rally down the one side of the table. Maintain rally for 20 shots. Change to the opposite side of the table. 		<i>Application</i> Set up Both players A and B play a continuous rally across the table. Maintain rally for 20 shots (lead then into a basic game of first 5 five by trying to outwit opponent with basic shots looked at) Change to the opposite side of the table. 		
Responsive adaptations 	Developing Hold the bat loosely and stand tall during rallies	Securing Hold the bat with a tight grip and takes up a low body position during co-operative rallies	Mastering Maintains correct grip and stance during competitive rallies. You are dynamic around the table	
Progress check questions 	How do we hold the bat correctly? What rules are there in TT? What shot types have we looked at today?			
Errors or misconceptions to look out for 	Holding the bat incorrectly – Using a different grip, angle, position of the bat Hitting the ball too hard – Overhitting the ball so it doesn't bounce on their opponents side Standing too close to the table – If a ball is played long they will not have enough room to react Incorrect timing of your shot – Hitting the ball too early or too soon			

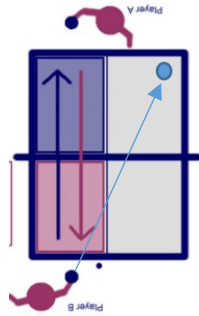
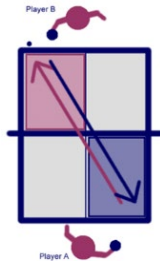
Lesson 2 - Backhand push from simple feeds

Do now 	How do we hold the bat correctly? How to we complete a forehand push?			
Teacher exposition (I do) 	Use the following task card to support with this lesson: Task cards\backhand push task card.doc How to feed the ball correctly: M:\PE\ The Sutton Academy PE department 2018\Schemes of learning and resources\Year 7 and 8 (KS3)\Table Tennis\Useful drills and game ideas\How to feed the ball in table tennis.pdf			
Learning task (We do / you do) 				
Practice Set up Player A to feed the ball into player B using just one side of the table. 10 successful feeds each then swap over. Use the task card to support further and provide additional challenge. Introcude a target such as a marker of a bucket for students to aim at. Students to stand centrally and change the direction of the hit to make it more difficult (still using a serve feed)		Application Set up Both players A and B play a continuous rally down the one side of the table (could additionally move this to full table/diagonal). Maintain rally for 20 shots. Change to the opposite side of the table. Game Allow for a small game, first to 5 points.		
				
Responsive adaptations 	Developing Overhead feed Provide large targets to hit	Securing Overhead feed Provide large targets to hit and vary location	Mastering Serving feed Provide small targets to hit and vary location Allow for a game	
Progress check questions 	How do we feed the ball in? Why is the feed of the ball important? How to we play a backhand push? How can we beat an opponent with this shot?			
Errors or misconceptions to look out for 	Holding the bat incorrectly Angle of the bat for a backhand push Power of the shot Positioning and stance			

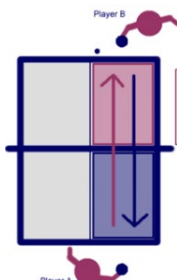
Lesson 3 - Backhand push with varied feed and to different table locations

Do now 	How do we feed the ball in? How to we play a backhand push? How can we beat an opponent with this shot?		
Teacher exposition (I do) 	Use the following task card to support with this lesson: Task cards\backhand push task card.doc		
Learning task (We do / you do) 			
<i>Practice</i> Set up Player A feeds the ball to player B Player B returns the ball cross table to a target 10 successful feeds each then swap over. Use the task card to support further and provide additional challenge. 		<i>Application</i> Set up Allow for a game, first to 5 points Where possible, backhand push only Continue to use the targets for additional challenge 	
Responsive adaptations 	Developing Overhead feed Provide large targets to hit	Securing Overhead feed Provide large targets to hit and vary location	Mastering Serving feed Provide small targets to hit and vary location
Progress check questions 	How can we beat a player with this shot? How can this shot be changed? Best location to provide this shot? Why do we need to change the direction of the ball?		
Errors or misconceptions to look out for 	Holding the bat incorrectly Angle of the bat for a backhand push Power of the shot Positioning and stance		

Lesson 4 - Developing spin control over the backhand push

Do now 	Backhand push How can we beat a player with this shot? How can this shot be changed? Best location to provide this shot?		
Teacher exposition (I do) 	Use the following task card to support with this lesson: Task cards\backhand topspin task card.doc		
Learning task (We do / you do) 			
Practice Set up Player A feeds the ball to player B Player B returns the ball cross table to a target (or straight if they are finding it too challenging) 10 successful feeds each then swap over. Use the task card to support further and provide additional challenge. 		Application Set up Allow for a game, first to 5 points Where possible, backhand push only (encouraging use of the spin) Continue to use the targets for additional challenge 	
Responsive adaptations 	Developing Overhead feed Provide large targets to hit	Securing Overhead feed Provide large targets to hit and vary location Spin evident at times	Mastering Serving feed Provide small targets to hit and vary location Spin evident and sometimes successful
Progress check questions 	How to we create spin on the ball? How can we change the direction when we hit the ball? Why would we use this type of shot?		
Errors or misconceptions to look out for 	Holding the bat incorrectly Angle of the bat Timing of the shot Power of the shot Positioning and stance		

Lesson 5 - Countering a poor backhand push -Forehand topspin

Do now 	Backhand spin How to we create spin on the ball? How can we change the direction when we hit the ball? Why would we use this type of shot?		
Teacher exposition (I do) 	Use the following task card to support with this lesson: Task cards\forehand topspin task card.doc		
Learning task (We do / you do) 			
Practice Set up Player B feeds the ball into player A (encourage the correct serve rather than handfeed) Player A returns the ball cross table to a target (or straight if they are finding it too challenging) 10 successful feeds each then swap over. Use the task card to support further and provide additional challenge. 		Application Set up Game/Tournament	
Responsive adaptations 	Developing Attempt regular serve Provide large targets to hit	Securing Attempt regular serve Provide large targets to hit and vary location Spin evident at times	Mastering Normal serve to outwit Provide small targets to hit and vary location Spin evident and sometimes successful
Progress check questions 	How do we create spin on the ball? When would we use this shot? How can it outwit an opponent?		
Errors or misconceptions to look out for 	Holding the bat incorrectly Angle of the bat Timing of the shot Power of the shot Positioning and stance		