





## Scheme of Work: Table Tennis

Key Stage: 3	Year: 8	Duration: 6 lessons
<p><b>Intent:</b> To develop consistency in replication of core skills through conditioned situations. To further develop the ability to land the ball in a target area with control and refine game tactics with the intention of outwitting an opponent. To develop confidence in movement and demonstrate the ability to score and officiate games.</p>		
<p><b>Knowledge</b></p> <p>Through the implementation, students will be able to understand, use and recall the following knowledge relating to table tennis:</p> <ul style="list-style-type: none"> <li>• Shot selection in a range of competitive contexts</li> <li>• Use of deception and more complex strategies to outwit opposition</li> <li>• Understanding of sequences of play</li> <li>• Use of specific terminology and application of game rules.</li> </ul>	<p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Grip and stance</li> <li>• Push – Backhand/Forehand</li> <li>• Drive – Backhand/Forehand</li> <li>• Serve</li> </ul>	<p><b>Sequencing</b></p> <p>Learning should:</p> <ul style="list-style-type: none"> <li>• Develop the principles of attack and defence.</li> <li>• Involve progressive gameplay (singles and doubles) to allow for tactical planning and refinement.</li> <li>• Allow students to make decisions, assess outcome and suggest improvements.</li> <li>• Develop confidence in movement relating to net games.</li> </ul>
<p><b>Key Concepts and Processes:</b></p>		
<p><b>Outwitting an opponent</b></p> <p>Refinement of the fundamental table tennis skills will contribute to producing an improved performance and outwit opposition more frequently. Pupils will identify different areas of the table and be able to place the ball to opposition's weaknesses. Spin is used to pupil advantage and is in control of rallies.</p>	<p><b>Developing Physical and Mental Capacity</b></p> <p>Further develop physical capacity through table tennis skills. To develop an improved mental capacity by understanding the law of physics and how topspin and slice will effective the ball flight and after effect. Mental capacity will be challenge through improvements game rules and terminology.</p>	<p><b>Development &amp; Replication of Skills</b></p> <p>Pupils will replicate shots with control and fluency. Serves, forehand &amp; backhand (topspin, slice &amp; side spin) will be developed through game play and conditional situations. Technique will be applied through small sided games and assessed against expected learning outcomes.</p>
<p><b>Decision Making and Problem Solving</b></p> <p>Pupils should be ready to respond to a changing environment and adapt thought process as a result. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the table using a variety of spin &amp; skill execution. To develop communication and decision making skills as a pair.</p>	<p><b>Personal Development</b></p> <p>To develop a resilience to challenges and setbacks. To understand the importance of communications and sportsmanship/respect for others. To understand the type of fitness components that table tennis players need to perform at a high level and discuss the need to stay healthy and active throughout life. Signpost enrichment opportunities within the school timetable and in the wider community.</p>	<p><b>Evaluating and Improving</b></p> <p>Pupils should begin to compare own performance to that of previous units of work and make effective evaluations of strengths and weaknesses. Pupils will develop a capacity to self-assess with the aid of video analysis. Development of analytical skills using the correct terminology to describe findings.</p>
<p><b>Scan these QR codes for information</b></p>		
		
<p><b>Backhand Push</b></p>	<p><b>Battleships</b></p>	<p><b>Basics</b></p>
		
<p><b>Backhand Topspin</b></p>		

Implementation			
Week	Learning objectives	Suggested lesson tasks/activity ideas	Differentiation/ Personalised Learning/Assessment Tools
1	<p><b>Grip &amp; backhand push</b> To be able to demonstrate &amp; use the correct grip and understand the ready position. To be able to accurately replicate the backhand push shot consistently. To understand the scoring and rules of double game play. To begin to outwit opponents with the movement of the ball using spin.</p>	<p>Warm up – Keep ball bouncing in air. Forehand &amp; backhand side. Different spin if possible. Rally ½ table each with backhand push. Aim to keep ball low over net. Teaching points; bend knees, on toes, flat bat face (neutral) &amp; pushing action away from body. How consistent is your backhand push? Progression; backhand push to try to beat opponent. Double games basics-teacher demo; basic rules &amp; scoring i.e. alternate shots. Possible condition; extra point for winning with backhand push.</p>	<p>Increase/decrease the speed of rotation in warm up. Mid-lesson plenaries check – Recap technical points of grip and backhand push? Recall doubles game rules and strategies to beat opposition during game play.</p>
2	<p><b>Forehand topspin</b> To be able to outwit opponents using a forehand topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.</p>	<p>Warm up in 4's– Recap prior learning in a rally. Discuss topspin bat position (closed bat faced). Highlight the physics of topspin. What type of shot it is? Attacking. Pairs. 1-1 cross court – forehand topspin rally + partner push feeds. Teaching points; bat face, action = low to high (over shoulder). Place A3 piece of paper on each side. Aim for target-1 point. Double games-Recap rules &amp; scoring. King of the court-winners up, losers down. Use condition games-2 pts for winning forehand shot.</p>	<p>Mid-lesson plenaries check – Recap teaching points for forehand topspin? Explain the physics of a topspin, what will happen when it hits the table? Where are the hardest/easiest places to hit a target on the table?</p>
3	<p><b>Backhand topspin</b> To be able to accurately replicate a backhand topspin shot. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.</p>	<p>Warm up in 4's– Recap prior learning in a rally. Recap benefits of topspin. Watch dartfish clip of backhand topspin. Highlight possible teaching points; close bat face, action = pocket, mirror (throwing Frisbee) &amp; follow through up high (See 'backhand topspin' QR code) Discuss when might you use it? 1-1 – cross court rally. Competition-count consecutive shots. Doubles games- King of the court competition.</p>	<p>Increase/decrease speed of warm up rally. Use 1 shot only to focus and stretch practice. Mid-lesson plenaries check – recap teaching points for backhand topspin. Explain the doubles scoring system?</p>
4	<p><b>Serve</b> To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To develop the skill of anticipation and encourage quick decision making during a game.</p>	<p>Warm up – Recap grip and backhand push in a 3 min ½ table rally. Intro service rules- T.P's; present ball, (no disguise), must be behind line, 6 inch throw up, diagonal &amp; bounce on each side. 1 vs 1 – experiment with serves. Progression-add spin if possible. Serve diagonal and play out point. Doubles games-Recap doubles rules &amp; scoring. <i>i.e. service order and rotation</i>. King of the court competition.</p>	<p>Increase/decrease speed of movement ability dependent. Mid-lesson plenaries check – What is the effect of spin on a serve? What happens when opponents hit a spinning ball?</p>
5	<p><b>Doubles/single game play</b> To develop their understanding and knowledge of outwitting strategies in both double and single game play. To understand and develop the use of spin and shot selection. To be able to assess &amp; evaluate own performance and weaknesses.</p>	<p>Warm up - Play 'battleships' (See 'battleships' QR code) - Use paper/markers/spots to focus pupils to direct shots towards a target area. Remove target once hit. Watch game clip - Brainstorm possible table tennis tactics. Attacking and defensive type shots. Teaching points; understand opponents positioning. <i>i.e. play shot back towards player who just played</i>. Alternate shots. Experiment with shots and bat angles. Doubles tournament - recap rules &amp; scoring. King of the court.</p>	<p>Place targets in harder positions on the table i.e. nearer the edges and the net. Mid-lesson plenaries check – How is doubles different to singles? What strategies are solely applied during doubles games?</p>
6	<p><b>Outwitting Opponents in competitive games</b> To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing &amp; adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.</p>	<p>Warm up - Play 'battleships' - Use paper/markers/spots to focus pupils to direct shots towards a target area. Remove target once hit. Recap previously learnt core skills in a warm up rally + discuss game basics (See 'basics' QR code). Organise class tournament to allow all pupils to demonstrate learning against outcomes. King of the court competition - 3 minute games. Pupils to officiate and score doubles matches.</p>	<p>Place targets in harder positions on the table i.e. nearer the edges and the net. Mid-lesson plenaries check – discuss ways to beat an opposition. How can you find out opposition weaknesses?</p>

<b>Impact</b>	
<p>1. Replication of core skills (forehand, backhand, serve, smash, drop shot)</p> <p>Emerging: Use a few isolated core skills when the ball is hit towards them. Shots are successful under low pressured situation. Shot replication tends to travel high over the net which can make it easy to return.</p> <p>Developing: Accurately replicates a number of core fundamental skills consistently even under pressure. Uses mainly the forehand and backhand shots varying the angle and spin of the ball.</p> <p>Mastery: Quickly identify and replicate a range of core skills and perform these fluently and quickly. Forehand and backhand shots are performed low over the net and with purposeful direction. Control of the ball is consistent and serves are difficult to return.</p>	<p>2. Outwitting Opponents in an attacking situation</p> <p>Emerging: Show some tactical awareness but can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use one shot to play a majority of rallies.</p> <p>Developing: Use an understanding of the principles of attack when planning an approach to a competitive game. Can use an improving range of skills and techniques together with control and accuracy to outwit an opposition.</p> <p>Mastery: Demonstrate more advanced variations of the core skills which allow pupils to show a significant impact on games. Identify space on the table and uses this information to inform shot selection.</p>
<p>3. Understanding of game rules and team play.</p> <p>Emerging: Recognise and adopt table tennis rules during conditioned games. Scoring is usually correct.</p> <p>Developing: Understand the basic and some more advanced rules surrounding the game (service sides and rotation) and highlights rule errors of others.</p> <p>Mastery: Show a good understanding of game rules and can adapt them for singles and doubles games. Be able to use the rules to their advantage and rarely makes errors. Can score a game fairly and actively encourages others to improve their understanding offering advice and help.</p>	<p>4. Development of reflective learners.</p> <p>Emerging: Able to compare own and others work and can state the differences. Use this information to attempt to improve own performance.</p> <p>Developing: Can suggest ways to improve performances based on experiencing success and failure. This improvement is centred around wanting to improve personal bests.</p> <p>Mastery: Demonstrate a strong ability to reflect on own learning. Can analyse and explain how core skills have been used and adapted to improve performance. IT will help reinforce these skills.</p>
<p><b>Careers:</b> Explicit reference should be made to the options, roles and potential careers in the sports industry. These might include sports coaching, teacher, journalism, nutrition, sports psychology, management and business, biomechanics and injury/physiotherapy related.</p>	

