



## PE learning journey

### Y7 Table Tennis

Half term 3

Core knowledge	Reference number
Know how to set up and put away the table tennis table safely.	
Know the correct grip.	Coaching card 1 (Grip and Ready Position)
Know the ready position and why it is important.	Coaching card 1 (Grip and Ready Position)
Know how to hand feed the ball correctly.	
Know the difference between forehand and backhand shots.	
Know how to play a cooperative rally.	
Know how to serve.	Coaching card 2 (serving)

### Learning Checkpoints

Table tennis practical assessment	
Knowing and performing table tennis skills, techniques and tactics in practice and competitive situations.	Self and peer assessment, video analysis, teacher feedback, 1-minute skills tests

Key Vocabulary	
Grip Ready position Serve	Rally Return Table tennis bat