



LEARNING JOURNEY

Table Tennis

F – A – C – T

WE ARE HERE

Table Tennis

Rules of singles/
doubles
gameplay
Resilience

Grip and
competitive
rallies
Trajectory

Forehand
push
Stance

Backhand
push
Accuracy

Counter hit
drive
Consistency

Backhand counter
hit drive
Attacking

Forehand block

Forehand chop
Defensive

Backhand chop
Spin

Smash shot

Singles
gameplay and
assessment
Deceive

This unit will build upon many of the fundamental skills you have learned previously at KS2. Fundamental skills such as co-ordination, accuracy and tactical awareness which are essential in all sports. Many of these skills will facilitate future learning not only in this unit but across a range of sports such as badminton and tennis.

You will start off by developing your understanding of the basic rules of table tennis in both singles and doubles gameplay, to allow you to participate fully in matches moving forwards. This will progress onto the key fundamental skills of the game. There will be opportunities to evaluate your own performance.

During the second half of this curriculum, you will learn attacking and defensive shots to implement into the game e.g., smash shot. Parts of this unit will focus on developing your self-regulation through officiating small practices with honesty.

VOCABULARY

Trajectory, Stance, Resilience,
Consistency, Defensive, Spin, Deceive,
Accuracy, Attacking