

TABLE TENNIS - THROW, HIT, CATCH FOREHAND

Quick introduction

An effective challenge played without tables with players practising forehands.

Getting started

- Organise the class into pairs.
- Players stand facing each other approximately 1m apart.
- Player 1 stands in ready position with bat.
- Player 2 throws ball underarm to player 1.
- Player 1 strikes ball with the bat so player 2 can catch it.

Games

- Number of successful catches in 30 seconds.
- Most hits and catches without a mistake.

Variations

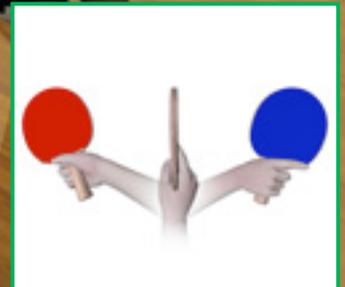
- After practising forehand
 - use backhand
 - alternate forehand and backhand.

Health and safety

- Do pupils have sufficient space in which to practise and play?
- Are the pupils comfortable in their clothing and footwear and are these suitable for the activity?

Equipment required

- One bat and ball per pair.
- Two cones for each pair.



Forehand, neutral and backhand grips.

TABLE TENNIS – THROW, HIT, CATCH – FOREHAND



PHYSICAL ME

- Keeping the ball low helps accuracy and consistency.
- Show ready position i.e. knees bent facing each other.
- Play the forehand to the side of the body. Play the backhand in front of the body.
- Use shake hands grip.

SOCIAL ME

Leading and volunteering

- Record keepers could count the number of hits and record the time.
- Equipment managers could ensure bats and balls are looked after.

Think inclusively (STEP)

Space

- Increase or decrease the distance between the players; for example, if every catch is successful, move further apart.

Task

- Use a bounce pass if this is easier for the player with the bat.

Equipment

- Instead of hitting a moving ball, some players can start by hitting the ball from a small tee or adapted cone; catcher replaces ball on the tee.
- In the beginning, use a bigger bat or racket and/or a larger ball.

People

- Player throwing the ball can give a verbal cue (for example, 1, 2, 3 and hit).

THINKING ME

- How can I score 20 throw hit catches within 30 seconds?
- Can I get in the ready position between shots?
- How can I ensure I stand in the correct position for forehand and backhand?

SPORTING ME

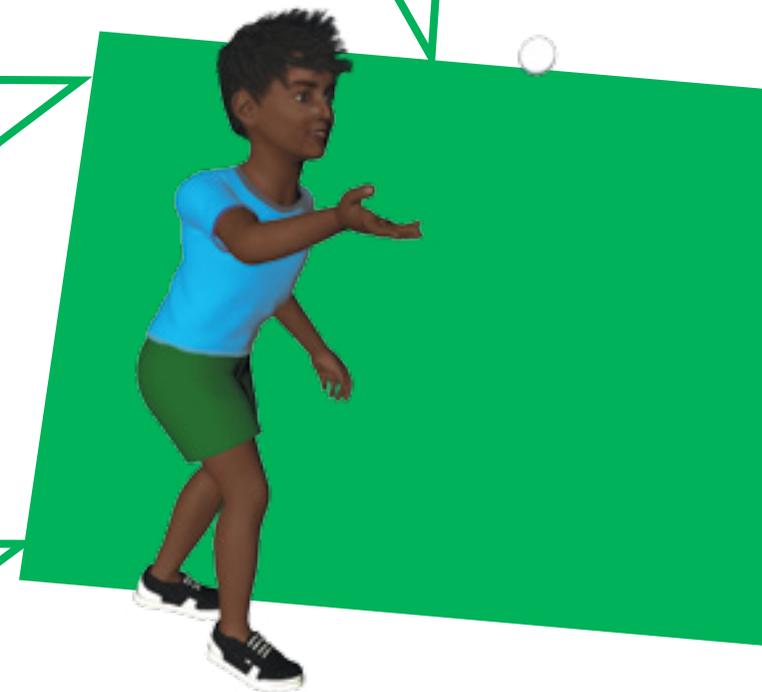
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Excellence through Competition



I am sure I can set a target score and achieve it.

TACTICAL ME

Can I work on both backhand and forehand so both sides are effective in games?



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TABLE TENNIS - BALANCER SHUTTLE RUN - BACKHAND

Quick introduction

This challenge involves shuttle running while controlling the ball on a racket. It is a really good way of getting players active.

Getting started

- Organise the class into pairs.
- Place two floor markers or cones approximately 6m apart.

Games

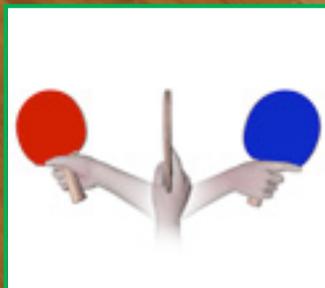
- Player travels up and back as many times as possible balancing the ball on the backhand side of the racket.
- Players work in pairs taking turn. The second player does the counting.
- How many times can the player travel up and back in 30 seconds?

Health and safety

- Do pupils have sufficient space in which to practise and play?
- Are the pupils comfortable in their clothing and footwear and are these suitable for the activity?

Equipment required

- 1 bat and ball to each pair.
- 2 cones for each pair.



Forehand, neutral and backhand grips.

TABLE TENNIS – BALANCER SHUTTLE RUN – BACKHAND



PHYSICAL ME

- Watch the ball as you are moving.
- Use of correct (shake hands) grip helps keep the racket level.
- Slight tilting of the racket when setting off and stopping helps control the ball.

SOCIAL ME

Leading and volunteering

- Timekeepers and scorers could time players and record their scores.
- Equipment managers could set up the challenge.

Think inclusively (STEP)

Space

- Change the distance to be run.

Task

- Allow some players to hold the ball on the racket initially.
- Bounce on forehand. Bounce on backhand.
- Bounce alternate forehand and backhand.
- Bounce the ball on the floor forehand. Bounce the ball on the floor backhand.

Equipment

- Use more markers and make a slalom.
- Use a larger bat and/or ball.

People

- Some players can start by balancing or bouncing the ball without moving; or turn slowly on the spot whilst balancing/bouncing the ball.

THINKING ME

- I'm good at this:
 - How can I run 10 lengths within 30 seconds?
 - Where is the best place to keep the ball while I am running?
 - Can I make sure I use the correct grip at all times?

SPORTING ME

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Excellence through Competition



I will congratulate people that work really hard and get good scores.

TACTICAL ME

I need to go as fast as I can without losing control of the ball.



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TABLE TENNIS - KEEP IT MOVING!

Quick introduction

A fun challenge where players try to overtake each other while balancing a ball on the bat.

Getting started

- Organise the players to face the same direction, evenly spaced around the outside of the hall (see diagram).
- On the 'Go' instruction from the teacher, the players walk around the hall, balancing the ball on forehand side of the bat (lap 1).
- After a lap, players walk faster (lap 2).
- After another lap, players jog (lap 3).
- After one more lap, players run for one lap (lap 4).

Games

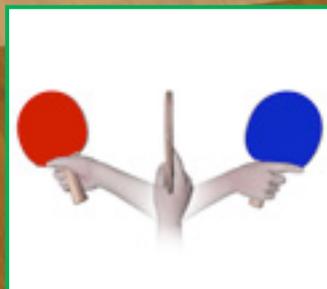
- On the instruction 'Go', players try to overtake the player in front while balancing the ball on their bat.
- If overtaken, players move carefully to the middle with their ball, players continue to practice balancing the ball.
- If the ball is dropped off the bat, the player must stop to pick it up.
- Last player not overtaken is the winner!

Health and safety

- Do players have sufficient space in which to practise and play?
- Are the players comfortable in their clothing and footwear and are these suitable for the activity?

Equipment required

- Each player has a bat and ball.
- Four cones.



Forehand, neutral and backhand grips.

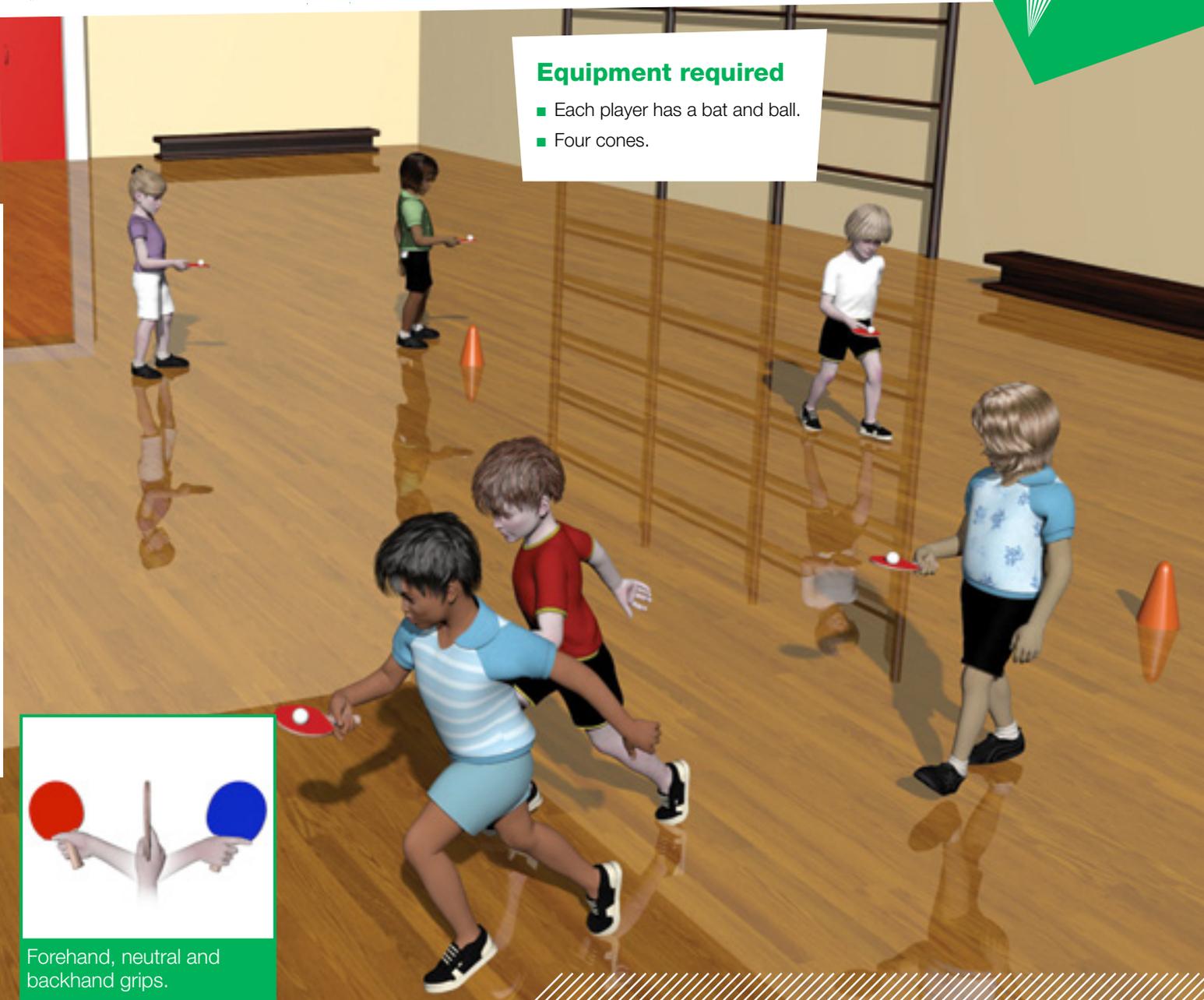


TABLE TENNIS – KEEP IT MOVING!

PHYSICAL ME

- Watch the ball as you are moving.
- Use of correct (shake hands) grip helps keep the racket level.
- Slight tilting of the racket when setting off and stopping helps control the ball.

SOCIAL ME

Leading and volunteering

- Leaders could ensure players keep in a certain area.
- Umpires could spot players who lose control of the ball.

Think inclusively (STEP)

Space

- Some players can move in a smaller circuit within the others' circle.

Task

- Players overtaken in game take part in another activity; for example, ball balancing, bench or wall targets.
- Allow some players to hold the ball on the bat.
- Repeat with backhand.
- Bounce the ball instead of balancing it.

Equipment

- Use larger bats and balls to aid control.

People

- Some players who have control and co-ordination impairments can begin by balancing the ball without movement; or turn slowly on the spot whilst balancing the ball (inside the moving circle).

THINKING ME

- How can I do a full circuit without dropping the ball, forehand and backhand, balancing and bouncing?
- How can I ensure I use the correct grip at all times?
- If I am overtaken how can I ensure I get the most out of the extra practice?

SPORTING ME

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I will try really hard not to be overtaken or drop my ball.

TACTICAL ME

When is a good time to overtake and how can I avoid being overtaken?

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