

Learning intentions	Success criteria	RULES: Points: First to 11 points wins the game. There must be a gap of at least 2 points between opponents at the end of a game. When serving: Ball must be in the open palm of the hand The ball must be thrown 16cm into the air before striking for serve the ball must bounce on your side first before bouncing on the opponents side.	
Introduction to forehand drive	To be able to name 3 coaching points for a forehand drive		
Introduction to backhand drive	To be able to apply teaching points in isolated drill		
Introduction to serve	To be able to apply teaching points in a competitive game	Must serve behind the table Other Rules: No contact with table at any time A player serves twice before swapping to their opponent	
Skills		Kit	
Forehand drive o Knees slightly bent		PE polo shirt	

	 Hips and shoulders rotate to meet the ball Follow through forward and upwards 	
Backhand drive	 Closed bat angle Straight wrist Arm moves forward to meet the ball Follow through forward and upward 	
Forehand serve	 Throw ball15cm into the air Serve behind table Follow through whilst making contact with ball 	

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STRETCH AND CHALLENGE

To use teaching and coaching cards during a lesson that allows a student to develop a partners technique.

LINKS TO WIDER CURRICULUM

Links to GCSE specification (injury prevention) on the reasons we warm up and cool down.

KEY WORDS

Serving – the shot used to start a game. The shot will bounce on your side first before entering the opponents half.

Forehand – a shot made by hitting the ball across the body with the hand moving palm first

Backhand – a shot that goes across the body moving with the back of the hand first

Driven shot – a powerful attacking shot that is aimed downwards

Double bounce – when the ball bounces twice on one side of the table before a return shot is made.



Learning intentions		Success criteria	
Introduction to topspin		To explain what topspin is and how it effects a shot	
Introduction to backhand push		To name 3 characteristics for a backhand push	
Developing forehand shot		To explain the characteristics of a forehand shot	
Skills			
Forehand topspin	0 0	Start low, finish high Angle the bat down to produce spin	
Backhand push	0 0 0	Start at chest Bat slightly angled upwards Extend arm out push the ball away	
Forehand smash	o H h	im for corner it the ball at the ighest point	

Follow through

RULES:

Points: First to 11 points wins the game. There must be a gap of at least 2 points between opponents at the end of a game.
When serving:
Ball must be in the open palm of the hand
The ball must be thrown 16cm into the air before striking for serve
the ball must bounce on your side first before bouncing on the opponents side.
Must serve behind the table
Other Rules:

Kit

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STRETCH AND CHALLENGE

No contact with table at any time

To use teaching and coaching cards during a lesson that allows a student to develop their own technique.

LINKS TO WIDER CURRICULUM

Links to GCSE specification (injury prevention) on the hazards in a range of physical activities and sport settings

KEY WORDS

Topspin – type of spin imparted onto the ball causing it to arc over the net and down onto the table surface

Push shot – a backspin shot usually executed over the playing surface

Smash shot – an aggressive shot hit with speed often in response to a high bouncing return

Free hand – the hand not holding the paddle



Backhand serve

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Advanced serving styles	To be able to perform different types of serve during isolated drills	
Advanced defensive shots	To successfully apply a block shot during competitive games	
Advanced attacking shots	To name the characteristics of a backhand smash	
Skills		

Kit

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STRETCH AND CHALLENGE

To use teaching and coaching cards during a lesson that allows a student to develop a partners technique.

LINKS TO WIDER CURRICULUM

Links to GCSE specification (injury prevention) on the different hazards in physical activity and to apply examples in school.

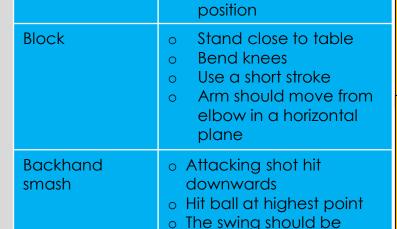
KEY WORDS

Block shot – a topspin shot played to the table with the racket making contact with the ball just after it bounces

Backspin – type of spin used on defensive shots. The bottom of the ball will move away from you.

Dead ball – a stroke played which returns the ball with very little to no spin.





facing down

Ready position

Follow through

Recover to body

Forward movement

(out and downwards)

Backswing