

Learning intentions	Success criteria
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

Skills	
Forehand drive	<ul style="list-style-type: none"> ○ Knees slightly bent ○ Hips and shoulders rotate to meet the ball ○ Follow through forward and upwards
Backhand drive	<ul style="list-style-type: none"> ○ Closed bat angle ○ Straight wrist ○ Arm moves forward to meet the ball ○ Follow through forward and upward
Forehand serve	<ul style="list-style-type: none"> ○ Throw ball 15cm into the air ○ Serve behind table ○ Follow through whilst making contact with ball

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:
No contact with table at any time
A player serves twice before swapping to their opponent

Kit
PE polo shirt
Trainers
Shorts

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	<ul style="list-style-type: none"> Start low, finish high Angle the bat down to produce spin
Backhand push	<ul style="list-style-type: none"> Start at chest Bat slightly angled upwards Extend arm out push the ball away
Forehand smash	<ul style="list-style-type: none"> Aim for corner Hit the ball at the highest point Follow through

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STRETCH AND CHALLENGE
 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





Learning intentions	Success criteria
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

Backhand serve	<ul style="list-style-type: none"> o Ready position o Backswing o Forward movement (out and downwards) o Follow through o Recover to body position
Block	<ul style="list-style-type: none"> o Stand close to table o Bend knees o Use a short stroke o Arm should move from elbow in a horizontal plane
Backhand smash	<ul style="list-style-type: none"> o Attacking shot hit downwards o Hit ball at highest point o The swing should be facing down

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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.

