

Scheme of Work: Table Tennis



Key Stage: 3	YEAR: 8	DURATION: 6 LESSONS
<p>Unit Aims: In this unit pupils will focus on consistently replicating core skills through conditioned situations. Pupils will develop the ability to land the ball in a target area and refining game strategies with the intention of outwitting an opponent. Pupil will develop confidence in movement and test mental capacity through scoring and officiating games.</p>		
<p style="text-align: center;">Prior learning</p> <p>It is helpful if the pupils have:</p> <ul style="list-style-type: none"> ➤ Developed an understanding of simple net games. ➤ Worked in a pair and experienced teamwork/communication skills. ➤ Used and kept a set of rules in singles and doubles games. 	<p style="text-align: center;">Language for learning</p> <p>Through the activities in this unit pupils will be able to understand, use and recall terminology relating to table tennis.</p> <p><i>e.g. push, service, slice, topspin, sidespin, angles, trajectory, forehand, backhand, smash, reaction time, coordination, officiating/umpiring & anticipation.</i></p>	<p style="text-align: center;">Resources</p> <ul style="list-style-type: none"> ➤ Bats & balls (differentiated sizes) ➤ Tables and nets ➤ Paper squares/targets
Key Concepts and Processes:		
<p style="text-align: center;">Outwitting an opponent</p> <p>Refinement of the fundamental table tennis skills will contribute to producing an improved performance and outwit opposition more frequently. Pupils will identify different areas of the table and be able to place the ball to opposition's weaknesses. Spin is used to pupil advantage and is in control of rallies.</p>	<p style="text-align: center;">Developing Physical and Mental Capacity</p> <p>Further develop physical capacity through table tennis skills. To develop an improved mental capacity by understanding the law of physics and how topspin and slice will effective the ball flight and after effect. Mental capacity will be challenge through improvements game rules and terminology.</p>	<p style="text-align: center;">Development & Replication of Skills</p> <p>Pupils will replicate shots with control and fluency. Serves, forehand & backhand (topspin, slice & side spin) will be developed through game play and conditional situations. Technique will be applied through small sided games and assessed against expected learning outcomes.</p>
<p style="text-align: center;">Making and Applying Decisions</p> <p>Pupils should be ready to respond to a changing environment and adapt thought process as a result. Pupils will be faced with strategic and tactical decisions based on the movement of the ball around the table using a variety of spin & skill execution. To develop communication and decision making skills as a pair.</p>	<p style="text-align: center;">Making Informed Choices About Healthy, Active Lifestyle</p> <p>To understand the type of fitness components that table tennis players need to perform at a high level. <i>i.e. coordination, agility and speed.</i> Highlight the possible health benefits gained from taking part in physically demanding activities and discuss the need to stay healthy and active throughout life. Suggest any clubs available either at school or in the community.</p>	<p style="text-align: center;">Evaluating and Improving</p> <p>Pupils should begin to compare own performance to that of previous units of work and make effective evaluations of strengths and weaknesses. Pupils will develop a capacity to self-assess with the aid of video analysis. Development of analytical skills using the correct terminology to describe findings.</p>
<p>Scan these QR codes for information</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Backhand Push</p> </div> <div style="text-align: center;">  <p>Battleships</p> </div> <div style="text-align: center;">  <p>Basics</p> </div> <div style="text-align: center;">  <p>Backhand Topspin</p> </div> </div>		

Progress & Assessment by Outcomes – Expected Learning Outcomes of the unit	
<p>1. Replication of core skills (forehand, backhand, serve, smash, drop shot)</p> <p>All pupils will: Use a few isolated core skills when the ball is hit towards them. Shots are successful under low pressured situation. Shot replication tends to travel high over the net which can make it easy to return.</p> <p>Most pupils will: Accurately replicates a number of core fundamental skills consistently even under pressure. Uses mainly the forehand and backhand shots varying the angle and spin of the ball.</p> <p>Some pupils will: Quickly identify and replicate a range of core skills and perform these fluently and quickly. Forehand and backhand shots are performed low over the net and with purposeful direction. Control of the ball is consistent and serves are difficult to return.</p>	<p>2. Outwitting Opponents in an attacking situation</p> <p>All pupils will: Show some tactical awareness but can rush skill execution when responding to opponent's pressure. Use basic techniques in a controlled situation and will mainly use one shot to play a majority of rallies.</p> <p>Most pupils will: Use an understanding of the principles of attack when planning an approach to a competitive game. Can use an improving range of skills and techniques together with control and accuracy to outwit an opposition.</p> <p>Some pupils will: Demonstrate more advanced variations of the core skills which allow pupils to show a significant impact on games. Identify space on the table and uses this information to inform shot selection.</p>
<p>3. Understanding of game rules and team play.</p> <p>All pupils will: Recognise and adopt table tennis rules during conditioned games. Scoring is usually correct.</p> <p>Most pupils will: Understand the basic and some more advanced rules surrounding the game (service sides and rotation) and highlights rule errors of others.</p> <p>Some pupils will: Show a good understanding of game rules and can adapt them for singles and doubles games. Be able to use the rules to their advantage and rarely makes errors. Can score a game fairly and actively encourages others to improve their understanding offering advice and help.</p>	<p>4. Development of reflective learners.</p> <p>All pupils will: Able to compare own and others work and can state the differences. Use this information to attempt to improve own performance.</p> <p>Most pupils will: Can suggest ways to improve performances based on experiencing success and failure. This improvement is centred around wanting to improve personal bests.</p> <p>Some pupils will: Demonstrate a strong ability to reflect on own learning. Can analyse and explain how core skills have been used and adapted to improve performance. IT will help reinforce these skills.</p>
<p>Other Links: Physical Literacy Skills (Agility, Speed, Coordination, Reaction Time and body management skills), Numeracy Skills (Counting and Scoring), Citizenship (sportsmanship), Computing (Video Recording and Analysing, use of ICT)</p>	<p>Personal, Learning and Thinking Skills (PLTS):</p> <ul style="list-style-type: none"> <input type="checkbox"/> Creative thinkers <input type="checkbox"/> Reflective learners <input type="checkbox"/> Team workers <input type="checkbox"/> Effective participants

Week	Learning objectives	Suggested lesson tasks/activity ideas	Differentiation/ Personalised Learning/Assessment Tools
1	Grip & backhand push To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate the backhand push shot consistently. To understand the scoring and rules of double game play. To begin to outwit opponents with the movement of the ball using spin.	Warm up – Keep ball bouncing in air. Forehand & backhand side. Different spin if possible. Rally ½ table each with backhand push. Aim to keep ball low over net. Teaching points; bend knees, on toes, flat bat face (neutral) & pushing action away from body. How consistent is your backhand push? Progression; backhand push to try to beat opponent. Double games basics-teacher demo; basic rules & scoring i.e. alternate shots. Possible condition; extra point for winning with backhand push.	Increase/decrease the speed of rotation in warm up. Mid-lesson plenaries check – Recap technical points of grip and backhand push? Recall doubles game rules and strategies to beat opposition during game play.
2	Forehand topspin To be able to outwit opponents using a forehand topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To begin to develop strategic and tactical play during a rally.	Warm up in 4's– Recap prior learning in a rally. Discuss topspin bat position (closed bat faced). Highlight the physics of topspin. What type of shot it is? Attacking. Pairs. 1-1 cross court – forehand topspin rally + partner push feeds. Teaching points; bat face, action = low to high (over shoulder). Place A3 piece of paper on each side. Aim for target-1 point. Double games-Recap rules & scoring. King of the court-winners up, losers down. Use condition games-2 pts for winning forehand shot.	Mid-lesson plenaries check – Recap teaching points for forehand topspin? Explain the physics of a topspin, what will happen when it hits the table? Where are the hardest/easiest places to hit a target on the table?
3	Backhand topspin To be able to accurately replicate a backhand topspin shot. To understand the importance of movement and preparation for an effective backhand shot. To understand how to adjust shot selection based on opponents positioning.	Warm up in 4's– Recap prior learning in a rally. Recap benefits of topspin. Watch dartfish clip of backhand topspin. Highlight possible teaching points; close bat face, action = pocket, mirror (throwing Frisbee) & follow through up high (See 'backhand topspin' QR code) Discuss when might you use it? 1-1 – cross court rally. Competition-count consecutive shots. Doubles games- King of the court competition.	Increase/decrease speed of warm up rally. Use 1 shot only to focus and stretch practice. Mid-lesson plenaries check – recap teaching points for backhand topspin. Explain the doubles scoring system?
4	Serve To perform and replicate a legal table tennis serve with control and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To develop the skill of anticipation and encourage quick decision making during a game.	Warm up – Recap grip and backhand push in a 3 min ½ table rally. Intro service rules- T.P's; present ball, (no disguise), must be behind line, 6 inch throw up, diagonal & bounce on each side. 1 vs 1 – experiment with serves. Progression-add spin if possible. Serve diagonal and play out point. Doubles games-Recap doubles rules & scoring. <i>i.e. service order and rotation</i> . King of the court competition.	Increase/decrease speed of movement ability dependent. Mid-lesson plenaries check – What is the effect of spin on a serve? What happens when opponents hit a spinning ball?
5	Doubles/single game play To develop their understanding and knowledge of outwitting strategies in both double and single game play. To understand and develop the use of spin and shot selection. To be able to assess & evaluate own performance and weaknesses.	Warm up - Play 'battleships' (See 'battleships' QR code) - Use paper/markers/spots to focus pupils to direct shots towards a target area. Remove target once hit. Watch game clip - Brainstorm possible table tennis tactics. Attacking and defensive type shots. Teaching points; understand opponents positioning. <i>i.e. play shot back towards player who just played</i> . Alternate shots. Experiment with shots and bat angles. Doubles tournament - recap rules & scoring. King of the court.	Place targets in harder positions on the table i.e. nearer the edges and the net. Mid-lesson plenaries check – How is doubles different to singles? What strategies are solely applied during doubles games?
6	Outwitting Opponents in competitive games To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.	Warm up - Play 'battleships' - Use paper/markers/spots to focus pupils to direct shots towards a target area. Remove target once hit. Recap previously learnt core skills in a warm up rally + discuss game basics (See 'basics' QR code). Organise class tournament to allow all pupils to demonstrate learning against outcomes. King of the court competition - 3 minute games. Pupils to officiate and score doubles matches.	Place targets in harder positions on the table i.e. nearer the edges and the net. Mid-lesson plenaries check – discuss ways to beat an opposition. How can you find out opposition weaknesses?