

Year 10 PE | Table Tennis

What does it take for a table tennis player to win gold at the Olympics?

Topic Overview: This term, students will explore the various skills required to successfully play table tennis and outwit an opponent. Students will experience conditioned practises as well as full game rules. Students will be able to select appropriate skills throughout the game in challenging circumstances.

NC Reference:

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

Pupils should be taught to: use a range of tactics and strategies to overcome opponents in direct competition through team games [for example, basketball, cricket, football, hockey, netball, rounders, rugby and volleyball] develop their technique and improve their performance in other competitive sports. They will individually or as a group analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best and take part in competitive sports and activities outside school through community links or sports clubs.

| | Lesson Exploration | Knowledge & Skills Exploration | NC Link | Key Words |
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| Week 1: Lesson 1 | How does our body position affect how we serve? | Students will experience a variety of serves. They will practise these in conditioned drills and competitive situations. | SK1: Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games SK4: Evaluate their performances compared to previous ones and demonstrate improvement to achieve their personal best | Placement Anticipation Precision Timing Preparation Anticipation Persistence Forehand Backhand Backspin |
| Week 2: Lesson 1 | How does our body position affect how we perform a forehand shot effectively? | Students will experience a variety of forehand shots. They will practise these in conditioned drills and competitive situations. | | |
| Week 3: Lesson 1 | How does our body position affect how we perform a backhand shot effectively? | Students will experience a variety of backhand shots. They will practise these in conditioned drills and competitive situations. | | |

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| Week 4: Lesson 1 | How can our shots impact our attacking strategies? | Students will experience a variety of attacking strategies. They will practise these in conditioned drills and competitive situations. | | |
| Week 5: Lesson 1 | How can our shots impact our defending strategies? | Students will experience a variety of defending strategies. They will practise these in conditioned drills and competitive situations. | | |
| Week 6: Lesson 1 | What does it take for a table tennis player to win gold at the Olympics? | Students will experience full matches, applying all the skills and tactics from previous lessons and will be assessed in these. | | |

| Literacy Links | Numeracy Links |
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| <p>PE requires students to have an understanding of basic terminology, given to them through keywords, delivered through our PE sessions.</p> <p>Students who are injured or without a kit require basic reading and writing skills to be able to engage in the lesson through the theory worksheets provided.</p> | <p>PE requires students to have an understanding of basic maths to be able to keep score.</p> |