

SUBJECT: P.E

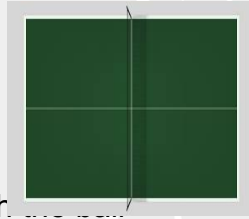
UNIT: Year 7 Table Tennis



Rules-

Starting a game:

Service is decided by a coin toss.



Service:

The player serving must stand with one foot held behind the endline of the table.

The ball must be held over the height of the table in the palm of the free hand.

The server must toss the ball without spin, upwards, at least 16cm

The server cannot obstruct the sight of the ball, the opponent and umpire must have a clear view of the ball at all times.

When serving, the ball must bounce once on the servers side and then bounce at least once on the opponent's side.

If the ball strikes the net but does not strike the opponent's half of the table, then a point is awarded to the opponent.

However, if the ball hits the net, but goes over and bounces on the other side, it is called a let. Play stops and the ball must be served again. A player commit any number of lets without a penalty.

Returning service:

To make a good return of service the ball must be returned before it bounces twice on your side of the table.

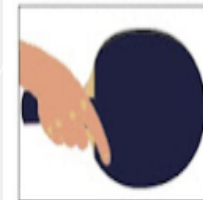
Hitting the ball:

The ball must be hit so that it passes over or around the net.

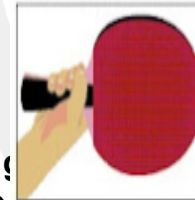
If a player cannot return a hit over or around the net so that the ball bounces on the opposite side of the table, the player loses the point.

Gripping the bat

SHAKEHANDS GRIP FRONT



SHAKEHANDS GRIP BACK



Place your thumb on the top of the bat, index finger on the other and the other three wrapped around the handle.

Forehand shot

When completing a forehand shot, the bat should be away from the body and come towards you. The palm of your hand should be facing the opponent.



shot.

body. The palm of your hand should be facing the opponent.

