

SUBJECT: P.E

UNIT: Year 9 Table Tennis



Summary:

Forehand shot

The palm of your hand should be facing the opponent.

Backhand shot

The back of your hand should be facing the opponent

Rules

A match is played as the best of 1, 3 or 5 games

For each game, the first player to reach 11 points wins the game.

A game must be won by at least a 2 point margin

A point is scored at the end of each rally

The edges of the table (but not the sides) are part of the legal table surface

Tactics and strategies:

Vary your shots: Keep your opponent guessing by changing the placement, timing, speed, and spin of your shots.

Use angles: Play wide angles to create open spaces for you to exploit.

Analyse your opponent: Look for patterns in your opponent's returning habits and attack preferences.

Use a low serve: A low backspin serve that bounces twice on the other side of the table can limit your opponent's serve return options.



Links to components of fitness:

Speed: The ability to move quickly, such as when moving from one side of the table to the other

Agility: To quickly change direction if the ball goes to the other side of the table

Reaction time: The ability to respond quickly after a shot is returned from the opponent

Coordination: Hand-eye coordination to hit the ball when it comes at you quickly

Muscular strength: Generate maximum force to a shot past an opponent

Muscular endurance: Table tennis goes on for a long time and players need to be able to sustain effort over the course of a match