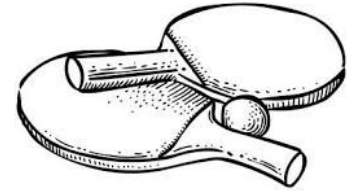


KS 3 Table Tennis



Technique keywords

Grip - shake hands, v hand down side

Stance - bent knees, on toes, position from table

Push shot (Backhand & Forehand) -

Pushing action away from body, flat bat face

Topspin, Backspin – brush your racket against ball in upward/downward direction

Game play keywords

Serve- present ball, (no disguise), must be behind line, 6 inch throw up, diagonal & bounce on each side

Singles/ Doubles- Alternate shots, positioning

Outwitting strategies– attacking and defensive shots

Variation– use of different shots

Other Keywords

Rally

Accuracy

Anticipation

Control

Fitness Focus - Power

Definition— Combination of speed and strength

Fitness test—Standing vertical jump

Applying Power to table tennis—positioning of body and bat, movement towards ball, reaction time, follow through speed, placement

Physical Education

“Actively Engaging in Challenge”



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