

Unit of Work

Title: Table Tennis

Year: 9

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities	Comments
1	<ul style="list-style-type: none"> • Learn Safety / setting up • Sport specific warm up • Grip / stance/intro FTD 	Hand feeding Tracking skills games Co operation rallies Top table	
2	<ul style="list-style-type: none"> • Develop forehand topspin drive • FT serve 	Diagonal hand feed (coach) Diagonal rallies Conditioned games singles	
3	<ul style="list-style-type: none"> • Develop backhand topspin drive • BT serve 	As with FTD Players as coach / scorer	
4	<ul style="list-style-type: none"> • Develop footwork and linking FTD and BTD • Develop understanding of rules / scoring 	Alternate FTD and BTD using diagonals and straights Attacker v defender Let/faults	
5	<ul style="list-style-type: none"> • Develop backhand push • Develop backhand backspin serve 	Hit line down centre Diagonal rallies Short and long – vary length	
6	<ul style="list-style-type: none"> • Develop forehand push • Develop forehand backspin serve 	Diagonal - targets Conditioned games	
7	<ul style="list-style-type: none"> • Linking backhand and forehand push shots • Develop reading spin 	Alternate backhand and forehand push Sidespin serves	
8	<ul style="list-style-type: none"> • Experience singles tournament • Develop game strategies 	Player /coach /scorer	