

Unit of Work

Title: Table Tennis

Year: 10

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
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 • Linking FT and BT 	As with FTD Players as coach / scorer Diagonals and straights Attacker v defender
4	<ul style="list-style-type: none"> • 3rd ball attack strategy • intro forehand loop /block 	Sidespin serve (backhand) Attacker v defender Conditioned games cricket
5	<ul style="list-style-type: none"> • develop backhand and forehand push into chop • backspin serves 	Topspin v backspin rallies Diagonal / free Handicap competition
6	<ul style="list-style-type: none"> • develop forehand loop from push • introduce doubles 	Attacker v defender Push – loop – block - drive
7	<ul style="list-style-type: none"> • understand doubles scoring • develop doubles strategies 	Doubles competition Top table
8	<ul style="list-style-type: none"> • tournaments • self and peer assessments 	Player / coach /scorer