

**Medium Term Learning Plan**

Year/Group: KS3/ 4

 Course: **Table Tennis**

About the unit	Assessment Focus
This unit will contain basic tactics, using forehand, backhand and overhead strokes to apply in a game situation.	NC levels/ Exam specification Beginners levels: 1-3 Skill Builders levels: 3-5 Advanced levels: 5-8
Key Content to be covered	Expected Learning Outcomes
<ul style="list-style-type: none"> <li>• serve</li> <li>• play a rally of at least four strokes using forehand shots</li> <li>• play a rally of at least four strokes using backhand shots</li> <li>• play a rally of at least six strokes using forehand and backhand shots</li> <li>• set up a table tennis table ready for a game</li> <li>• play a game of table tennis</li> <li>• The equipment required for table tennis</li> <li>• The scoring system in table tennis</li> </ul>	By the end of this scheme students will be able to: <ul style="list-style-type: none"> <li>• Serve with correct grip and stance</li> <li>• Technique of the fore hand shot</li> <li>• Technique of backhand shot</li> <li>• Use forehand and backhand shots in a rally</li> <li>• Play a game</li> <li>• Be able to score a game</li> <li>• Know all the equipment used</li> </ul>
Key Skills to be developed	Key Assessment Points (evidence)
<ul style="list-style-type: none"> <li>• When I serve, I know that I am serving right to right onto the table. Without hitting the net</li> <li>• When I rally, I know how to use the forehand shot. I know where to play it to gain a point</li> <li>• When I rally I know how to use the backhand shot. I know where to play it to gain a point.</li> </ul>	Level 3 – Can select and accurately replicate a very good range of skills to outwit an opponent. Control of the ball is consistent and shots are performed quickly in response to opposition pressure.  Level 5-Good shot selection and shows accurate replication within game situations. Can effectively use spin to outwit opponents. Can change

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<ul style="list-style-type: none"> <li>• When I rally, I can use both backhand and forehand continuous shots.</li> <li>• I know how to set the table up with all the correct equipment</li> <li>• I know how to play a game of table tennis, I can rally consistently with accuracy and control</li> <li>• I know all the equipment that is required to play a game of table tennis</li> <li>• I Know how to core a game of table tennis</li> </ul>	<p>strategies and tactics to exploit opponents' weaknesses. Can analyse, explain how skills etc have been used, and suggest ways to improve further.</p> <p>Level 8-</p> <p>Can use and replicate an excellent range of shots to outwit an opponent. Use of spin is excellent showing topspin, sidespin and backspin on both forehand and backhand side. An advanced level of skills/shot selection and consistent technique even under pressure. Is able to demonstrate a very good level of tactical awareness and can adapt and apply these to suit both defensive and attacking situations.</p>
<b>Language for Learning</b>	<b>Links to EBD/ personal, social and emotional needs</b>
<p>Tactics and techniques, eg. base position, angles, forehand, backhand, smash, overhead, volley, block, pus , staying in the rally, finishing the rally, tactics, game plan, success criteria, officiating/umpiring, captaincy, adjustments/variations, anticipation, fitness</p>	<p><b>L1 - Is attentive and has an interest in school work.</b></p> <p><b>L4 - Works efficiently in a group/team.</b></p> <p><b>C3 - Only interrupts and seeks attention appropriately.</b></p> <p><b>C4 - Is physically and verbally peaceable.</b></p> <p><b>C5 - Respects property/equipment.</b></p> <p><b>E5 - Is emotionally stable and shows self-control</b></p>

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Session	Learning Objectives	Content to be covered	Suggested Pedagogy/Teaching Activities	Learning Outcomes (Assessment/ Level descriptors for this lesson)
1	Serve	To perform and replicate a legal table tennis serve.	<p>t.p If ball clips net and goes over its a let.</p> <p>Opponent must allow the ball to hit their side of the table before trying to return this.</p> <p>Warm up – Student led. Pairs; demo grip and ready position. Rally ½ table each with backhand push. Teaching points; Shake hands, V of hand down side of bat, bend knees, on toes, flat bat face (neutral) &amp; pushing action away from body. How many backhand pushes in a row?</p> <p>Progression; backhand push to try to beat opponent. Double games</p>	When I serve, I know that I am serving right to right onto the table. Without hitting the net

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			basics-teacher demo; basic rules & scoring i.e. alternate shots. Possible condition; extra point for winning b'hand push.	
<b>2</b>	Play a rally of at least four strokes using forehand shots	Introduce forehand	<p>Warm up in 4's– Recap prior learning in a 3 min rally. Discuss topspin bat position (closed bat faced).</p> <p>T.P's; present ball, (no disguise), must be behind line, 6 inch throw up, diagonal &amp; bounce on each side.</p> <p>1 vs 1 – experiment with serves.</p> <p>Progression- add spin, backhand serves. Double games-teacher demo; Recap rules &amp; scoring. i.e. service order (A serves two diagonally to C, C serves two to B, B serves two to D, D serves two to A etc) King of the court-winners up, losers down.</p>	<p>When I rally, I know how to use the forehand shot. I know where to play it to gain a point</p> <p>I do this with accuracy, control and consistently</p>

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3	Play a rally of at least four strokes using backhand shots	Introduce back hand	<p>Warm up in 4's– Recap prior learning in a 3 min rally. Recap benefits backhand Watch dartfish clip of backhand. Highlight possible teaching points; close bat face, action = pocket, mirror (throwing frisbee) &amp; follow through up high. Discuss when might you use it? 1-1 – cross court rally. Competition- count consecutive shots. Double games- teacher demo; Recap rules &amp; scoring. King of the court-winners up, losers down.</p>	<p>When I rally I know how to use the backhand shot. I know where to play it to gain a point.</p> <p>I do this with accuracy, control and consistently</p>
4	Play a rally of at least six strokes using forehand and backhand shots	The use of Shots	<p>Warm up in 4's– Recap prior learning in a 3 min rally.</p> <p>Recap techniques of backhand and forehand shots</p> <p>Play rally's using forehand strokes of six plus.</p>	<p>When I rally, I can use both backhand and forehand continuous shots.</p> <p>I do this with accuracy, control and consistently</p>

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			<p>Play rally's using backhand strokes of six plus.</p> <p>Play rally of using both backhand and forehand stokes six plus</p>	
<b>5</b>	Set up a table tennis table ready for a game	To know how to set the table ready for the game	<p>Where are they placed??</p> <p>Two nets</p> <p>Two paddles</p> <p>A table</p> <p>A ball</p>	<p>I know how to set the table up with all the correct equipment</p> <p>On my own</p>
<b>6</b>	Play a game of table tennis	To know how to play a game of table tennis	<p>Warm up – Student led. Pairs; demo grip and ready position. Rally ½ table each with backhand push. Teaching points; Shake hands, V of hand down side of bat, bend knees, on toes, flat bat face (neutral) &amp; pushing action away from body. How many backhand pushes in a row?</p> <p>Progression; backhand push to try to</p>	<p>I know how to play a game of table tennis, I can rally consistently with accuracy and control</p>

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			beat opponent. Double games basics-teacher demo; basic rules & scoring i.e. alternate shots. Possible condition; extra point for winning b'hand push.	
<b>7</b>	The equipment required for table tennis	To know all the equipment that is involved in playing a game of table tennis	Two nets Two paddles A table A ball Quick fire question and answer on equipment	I know all the equipment that is required to play a game of table tennis
<b>8</b>	The scoring system in table tennis.	To know how to score in a game of table tennis	Warm up in 4's– Recap prior learning in a 3 min rally.  Point won if the opponent is unable to return the ball onto your side of the table  Winner of the game is the first to 11	I Know how to score a game of table tennis  I can do this accuratley

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			<p>Got to be a gap of two points</p> <p>The aim of the game is simple; hit the ball over the net onto your opponent's side. You win a point if your opponent is unable to return the ball to your side of the table</p> <p>Competition- count consecutive shots. Double games-teacher demo; Recap rules &amp; scoring. King of the court-winners up, losers down.</p>	
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