



# LEARNING JOURNEY

## Table Tennis

### F - A - C - T

This unit will build upon many of the fundamental skills you have learned previously at KS2. Fundamental skills such as co-ordination, accuracy and tactical awareness which are essential in all sports will be focussed upon. Many of these skills will facilitate future learning not only in this unit but across a range of sports such as badminton and tennis.

You will start off by developing your understanding of the basic rules of table tennis in both singles and doubles gameplay, to allow you to participate fully in matches moving forwards. This will progress onto the key fundamental skills of the game. There will be opportunities to evaluate your own performance.

During the second half of this curriculum, you will learn attacking and defensive shots to implement into the game e.g., smash shot. Parts of this unit will focus on developing your self-regulation through officiating small practices with honesty.

WE ARE HERE

Table Tennis

Rules of singles/  
doubles  
gameplay  
**Resilience**

Grip and  
competitive  
rallies  
**Trajectory**

Forehand  
push  
**Stance**

Backhand  
push  
**Accuracy**

Counter hit  
drive  
**Consistency**

Backhand counter  
hit drive  
**Transference**

What is the why behind your  
lesson today?

Forehand block  
**Cushion**

Forehand chop  
**Defensive**

Backhand chop  
**Execution**

Smash shot  
**Awareness**

Singles  
gameplay and  
assessment  
**Deceive**

### VOCABULARY

Trajectory, Stance, Resilience,  
Consistency,  
Transference, Cushion, Awareness,  
Deceive, Accuracy, Execution