

The logo features the word "express" in a dark blue, lowercase, sans-serif font. A large, stylized green leaf-like shape is positioned behind the letters, with its stem forming the letter 'x'.

express

coaching services



TABLE TENNIS



Years 5 & 6

Lesson Week:	Lesson Topic:
Week 1	Rallies
Week 2	Serving and Returning
Week 3	Shot Control
Week 4	Skills Recap
Week 5	Skills Recap (Continued)
Week 6	Table Tennis Tournament

<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Rallies. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Buckets, Bibs – Variety of colours. • Tables – Table Tennis, Classroom, Dinner.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To perform forehand and backhand shots. • To move in line with a ball & return it over a net onto table. • To perform small rallies over a net onto a table. 	<ul style="list-style-type: none"> • Forehand, Backhand, Spin, Tap, Push, Drive, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Table.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Children work in pairs – 1 ping pong ball and 1 paddle between two, and stand either side of a table. One player throws the ball and calls out “1”, “2” or “3”. The player with the paddle must trap the ball with their hand on their paddle after the called out number of bounces. 2) Same exercise as 1, but this time, give the children points every time they successfully trap the ball. The child with the highest score wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Call out higher number of bounces. 3) Start by catching instead of trapping on paddle. 4) Decrease the table size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Trap the ball without any bounces. 2) Catch the ball on the paddle without trapping it. 3) Increase the table size.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Cross the Barriers”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a table, net and one ball between two. Pairs throw the ball over the net to each other and try to catch the ball after one bounce on the table. Pairs try to keep a rally going for as long as possible, keeping count of how many times they can continuously throw the ball over the net and catch it. <p>“Round Rally Challenge”</p> <ol style="list-style-type: none"> 1) Children work in groups of 5 – a table, net, 3 paddles and one ping pong ball per group. Groups set up with 3 players on one side of the table/net (hitters), with a paddle each, one player on the other side (feeder), with a ping pong ball and one player stood at the side keeping score (umpire). The feeder throws the ball over the net onto the table to one of the 4 hitters, who try to return the ball back over the net onto the table. Hitters try to make a rally of 6 individual shots that successfully land on the table, change positions/roles. <p>“Keep The Kettle Boiling”</p> <ol style="list-style-type: none"> 1) Children work in teams stood one behind the other either side of a table/net with a paddle each. First player in line of the team with the ping pong ball serves it over the net onto the table and then joins the back of their line. The first player on the other side tries to hit the ball back over the net onto the table and then joins the back of their line. Then the first player now on the other side tries to hit the ping pong ball back over the net onto the table and then joins the back of their line, and so on. Both teams try to keep the rally going for as long as possible. Team with most successful shots wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Allow as many bounces of the ball as needed before hitting the ball back over the net onto the table. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Decrease the amount of bounces allowed before hitting the ball back over the net. 2) Decrease the table size. 3) Introduce competitions and target scores. 4) Don’t allow bounces of the ball at all.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have a paddle each and try to flick the ball. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Serving and Returning. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Buckets, Bibs – Variety of colours. • Tables – Table Tennis, Classroom, Dinner.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To reinforce forehand and backhand shots. • To move in line with a ball & return it over a net on a table. • To perform a serve or shot over a net towards a set target. 	<ul style="list-style-type: none"> • Forehand, Backhand, Spin, Tap, Push, Drive, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Table.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Children work in pairs – a table, net and one ball between two. Children take it in turns to throw the ping pong ball over the net and call out a body part (head, shoulders, knees or toes). Their partner has to catch the ball after one bounce, level with that body part. 2) Same exercise as 1, but this time, introduce a paddle. Children have to hit the ball level with that body part. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Decrease the table size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball. 2) Increase the table size.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Target Serving”</p> <ol style="list-style-type: none"> 1) Children work in pairs – one ping pong ball, one paddle two spots and a table between two. Children stand either side of the table with a spot either side of the net on the table. Children take it in turns to try to serve onto the spot so it bounces over to their partner who catches the ball. Children receive a point every time they serve onto the spot. 2) Same exercise as 1, but this time, children have a paddle each and try to hit the ball back after it is served. <p>“Hangman”</p> <ol style="list-style-type: none"> 1) Children work in groups of 4 – a table, net, 4 paddles and 1 ping pong ball per group. Groups set up with 3 players on one side of the table/net (hitters), with a paddle each and one player on the other side (feeder), with a ping pong ball. The feeder throws the ball over the net onto the table to any of the hitters, who try to hit (return) the ball back over the net onto the table. If they return the ball over the net and it lands on the table, they are still ‘whole’. If they miss or don’t get the ball over the net or on the table, they lose a body part. Feeder then throws to another hitter and so on. When hitters have lost all their body parts, they are out. Last remaining hitter is the winner and swaps roles with the feeder. <p>Body parts are lost in the following order:</p> <ol style="list-style-type: none"> 1) “1st Miss” – Stand on one leg. 2) “2nd Miss” – On one leg, one arm behind back. 3) “3rd Miss” – On one knee, one arm behind back. 4) “4th Miss” – Kneel on ground, one arm behind back. 5) “5th Miss” – Laid on the ground. 6) “6th Miss” – They’re out. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Decrease the table size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow no bounces of the ball. 2) Increase the table size.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Head, Shoulders, Knees and Toes”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Shot Control. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Spots, Buckets, Bibs – Variety of colours. • Tables – Table Tennis, Classroom, Dinner.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce forehand and backhand shots. • To move in line with a ball & return it over a net on a table. • To utilise their shots with accuracy and control. 	<ul style="list-style-type: none"> • Forehand, Backhand, Spin, Tap, Push, Drive, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Table.
Warm Up:	Differentiation:
<p>“Bubbles”</p> <p>1) Children work in a circle around a table in groups of up to six – a paddle each and one ping pong ball per group. The first child hits the ping pong ball up onto the table and calls out the name of one of their team mates, who hits the ping pong ball up onto the table and calls out another team mates’ name, who does the same and so on. The game continues until the team loses control of the ball and it goes table. Groups keep count of how many hits they make.</p>	<p>“Easier”</p> <p>1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Introduce catching the ball then hitting it up.</p> <p>“Harder”</p> <p>1) Don’t allow bouncing of the ball at all. 2) Increase the size of the table. 3) Children have hit the ball up twice before calling out a name.</p>
Main Content:	Differentiation:
<p>“Tap and Hit”</p> <p>1) Children work in pairs – a table, net, a paddle each and one ping pong ball between two. Children take it in turns to serve the ping pong ball over the net onto the table to their partner, who ‘taps’ the ball up in their air to themselves and then ‘hits’ the ball back over the net onto the table.</p> <p>“Champion of the Court”</p> <p>1) Children work in groups of threes – a table, net, two paddles and one ping pong ball per group. Children play each other in small singles games with one child keeping score. Each game starts with a serve. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score.</p> <p>“Ghosts”</p> <p>1) Children work in groups of five – a table, net, four paddles and a ping pong ball per group. Children start with 4 ‘hitters’ stood one behind the other on one side of the table and a ‘feeder’ on the other side. The feeder throws the ping pong ball over the net onto the table to the first hitter in line, who tries to hit (return) the ping pong ball back over the net onto the table. If they are successful, they move to the back of the line. If they are not, they become a ‘Ghost’ and put their paddle down safe and stand on the same side as the feeder. If a ‘Ghost’ catches a returned ping pong ball before it bounces off the table, they come back to life and swap with the child that hit the ping pong ball. The game continues until there is only one hitter left ‘Alive’, who is the winner and swaps roles with the feeder.</p>	<p>“Easier”</p> <p>1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Introduce catching the ball before hitting it up. 4) Increase the table size.</p> <p>“Harder”</p> <p>1) Allow one bounce of the ball only. 2) Decrease the table size. 3) Introduce competitions and target scores. 4) Children have to hit the ball up twice. 5) Children have to catch with one hand to get back in the game (“Ghosts”).</p>
Cool Down:	Assessment Opportunities:
<p>“Bubbles”</p> <p>1) Same exercises as in the warm up section, but this time, allow more bounces.</p>	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Skills Recap. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Spots, Buckets, Bibs – Variety of colours. • Tables – Table Tennis, Classroom, Dinner.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce forehand and backhand shots. • To reinforce moving in line a ball & return it on a table. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Forehand, Backhand, Lob, Tap, Smash, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
Warm Up:	Differentiation:
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Children work in pairs – 1 ping pong ball and 1 paddle between two, and stand either side of a table. One player throws the ball and calls out “1”, “2” or “3”. The player with the paddle must trap the ball with their hand on their paddle after the called out number of bounces. 2) Same exercise as 1, but this time, give the children points every time they successfully trap the ball. The child with the highest score wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Call out higher number of bounces. 3) Start by catching instead of trapping on paddle. 4) Decrease the table size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Trap the ball without any bounces. 2) Catch the ball on the paddle without trapping it. 3) Increase the table size.
Main Content:	Differentiation:
<p>“Target Serving”</p> <ol style="list-style-type: none"> 1) Children work in pairs – one ping pong ball, one paddle two spots and a table between two. Children stand either side of the table with a spot either side of the net on the table. Children take it in turns to try to serve onto the spot so it bounces over to their partner who catches the ball. Children receive a point every time they serve onto the spot. 2) Same exercise as 1, but this time, children have a paddle each and try to hit the ball back after it is served. <p>“Round Rally Challenge”</p> <ol style="list-style-type: none"> 1) Children work in groups of 5 – a table, net, 3 paddles and one ping pong ball per group. Groups set up with 3 players on one side of the table/net (hitters), with a paddle each, one player on the other side (feeder), with a ping pong ball and one player stood at the side keeping score (umpire). The feeder throws the ball over the net onto the table to one of the 4 hitters, who try to return the ball back over the net onto the table. Hitters try to make a rally of 6 individual shots that successfully land on the table, change positions/roles. <p>“Champion of the Court”</p> <ol style="list-style-type: none"> 1) Children work in groups of threes – a table, net, two paddles and one ping pong ball per group. Children play each other in small singles games with one child keeping score. Each game starts with a serve. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Decrease the table size. 4) Allow as many bounces of the ball as needed before hitting the ball back over the net onto the table. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the table size. 2) Decrease the amount of bounces allowed before hitting the ball back over the net onto the table. 3) Introduce competitions and target scores. 4) Introduce spots the ball is allowed to bounce and spots the ball is not allowed to bounce.
Cool Down:	Assessment Opportunities:
<p>“Fried Eggs”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have a paddle each and try to flick the ball to each other. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Skills Recap (Continued). • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Tables – Table Tennis, Classroom, Dinner.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To reinforce forehand and backhand shots. • To reinforce moving in line with a ball & return it on table. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Forehand, Backhand, Lob, Tap, Smash, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
Warm Up:	Differentiation:
<p>“Head, Shoulders, Knees and Toes”</p> <p>1) Children work in pairs – a table, net and one ball between two. Children take it in turns to throw the ping pong ball over the net and call out a body part. Their partner has to catch the ball level with that body part.</p>	<p>“Easier”</p> <p>1) Decrease the table size.</p> <p>“Harder”</p> <p>1) Increase the table size.</p>
Main Content:	Differentiation:
<p>“Hangman”</p> <p>1) Children work in groups of 4 – a table, net, 4 paddles and 1 ping pong ball per group. Groups set up with 3 players on one side of the table/net (hitters), with a paddle each and one player on the other side (feeder), with a ping pong ball. The feeder throws the ball over the net onto the table to any of the hitters, who try to hit (return) the ball back over the net onto the table. If they return the ball over the net and it lands on the table, they are still ‘whole’. If they miss or don’t get the ball over the net or on the table, they lose a body part. Feeder then throws to another hitter and so on. When hitters have lost all their body parts, they are out. Last remaining hitter is the winner and swaps roles with the feeder. Body parts are lost in the following order:</p> <ol style="list-style-type: none"> “1st Miss” – Stand on one leg. “2nd Miss” – On one leg, one arm behind back. “3rd Miss” – On one knee, one arm behind back. “4th Miss” – Kneel on ground, one arm behind back. “5th Miss” – They’re out. <p>“Ghosts”</p> <p>1) Children work in groups of five – a table, net, four paddles and a ping pong ball per group. Children start with 4 ‘hitters’ stood one behind the other on one side of the table and a ‘feeder’ on the other side. The feeder throws the ping pong ball over the net onto the table to the first hitter in line, who tries to hit (return) the ping pong ball back over the net onto the table. If they are successful, they move to the back of the line. If they are not, they become a ‘Ghost’ and put their paddle down safe and stand on the same side as the feeder. If a ‘Ghost’ catches a returned ping pong ball before it bounces off the table, they come back to life and swap with the child that hit the ping pong ball. The game continues until there is only one hitter left ‘Alive’, who is the winner and swaps roles with the feeder.</p>	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Decrease the table size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow one bounce of the ball only. 2) Increase the table size. 3) Children have to catch ball with one hand to get back in the game (“Ghosts”).
Cool Down:	Assessment Opportunities:
<p>“Head, Shoulders, Knees and Toes”</p> <p>1) Same exercises as in the warm up section.</p>	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Table Tennis Tournament. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Spots, Buckets, Bibs – Variety of colours. • Tables – Table Tennis, Classroom, Dinner.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To reinforce forehand and backhand shots. • To reinforce moving in line with a ball & return it on table. • To reinforce serving, returning and rallies with control. 	<ul style="list-style-type: none"> • Forehand, Backhand, Lob, Tap, Smash, Wrist, Bounce, Arm, Head Up, Balance, Control, Run, Ball, Direction, Area, Vision, Dominant Side.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Bubbles”</p> <p>1) Children work in a circle around a table in groups of up to six – a paddle each and one ping pong ball per group. The first child hits the ping pong ball up onto the table and calls out the name of one of their team mates, who hits the ping pong ball up onto the table and calls out another team mates’ name, who does the same and so on. The game continues until the team loses control of the ball and it goes table. Groups keep count of how many hits they make.</p>	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Increase the number of bounces allowed. 3) Introduce catching the ball then hitting it up. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Don’t allow bouncing of the ball at all. 2) Increase the size of the table. 3) Children have hit the ball up twice before calling out a name.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Playing the Game”</p> <p>1) Children work in groups of 6 and set up their own Table Tennis Tournament. Each game starts with a serve from anywhere near the table. Children take it in turns so it is a different player serving each game. Points (Games) are won by the ball bouncing more than twice on their opponent’s side of the table / net, not hitting the ball over the net and hitting the ball over the net but not hitting the table. First player to 11 points wins. Ensure all children play each other (time permitting). Children work within their group and split up to cover all the different positions/roles for each game – i.e.:</p> <ol style="list-style-type: none"> a) Playing player one side of net. b) Playing player (opponent) other side of net. c) 2 Ball Boys/Girls (collecting loose tennis balls). d) 2 Scorers. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls paddles. 2) Increase the number of bounces allowed. 3) Increase the table size. 4) Play in bigger groups. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Decrease the table size. 2) Award extra points for winning points from serves. 3) Award points for serves not going over the net or not landing on the table.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Bubbles”</p> <p>1) Same exercises as in the warm up section, but this time, allow more bounces.</p>	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.

