



TABLE TENNIS

Years 1 & 2



Lesson Week:	Lesson Topic:
Week 1	Rallies
Week 2	Moving In Line With The Ball
Week 3	Controlling Shots
Week 4	Hitting Targets
Week 5	Skills Recap
Week 6	Table Tennis Games

Session Topic and Number of Participants:	Equipment:
<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.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To learn what forehand and backhand shots are. • To learn to how to move in line with a ping pong ball. • To learn what rallies are and perform rallies. 	<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>“Buckets”</p> <ol style="list-style-type: none"> 1) Children work individually in their own space – 1 ping pong ball, 1 cone, 1 bucket and a table each. Children start with their bucket on the floor and jump either side of it, while holding their ping pong ball. Then the children set their cone out 10 steps away from their table and place their bucket on the table. They then practice putting their ball in the bucket, running around their cone and back to the table, picking up their ping pong ball, running around their cone and back to the table again, then putting their ball in the bucket and so on. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Stepping side to side instead of jumping. 2) Walking instead of running. 3) Decrease the cone and table distance. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Introduce races, competitions, target scores, time limits, etc. 2) Increase the cone and table distance.
Main Content:	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. 3) Same exercise as 2, but this time the children have a paddle each and try to flick the ball to each other. <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. 2) Same exercise as 1, but this time the children have a paddle each and try to keep a rally going for as long as possible, keeping count of how many times they can continuously hit the ball over the net. 	<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) Decrease the amount of bounces allowed before trapping the ball or hitting the ball back over the net. 2) Introduce competitions and target scores.
Cool Down:	Assessment Opportunities:
<p>“Buckets”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but children walk instead of run and step side to side instead of jump. 	<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"> • Moving in Line with the Ball. • 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 practice forehand and backhand shots. • To practice moving in line with a moving ping pong ball. • To learn to move a ball over a net onto a table to a 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>“Empty the Table”</p> <ol style="list-style-type: none"> 1) Children work in four teams and stand one behind the other in four corners of the area with 1 bucket per team. Set up a table in the centre with a bucket filled with balls. Children from each team take it in turns to (one child at a time) to run to the centre table, collect one ping pong ball and bring it back to their corner. 2) Same exercise as 1, but this time, children can take a ball from the centre table, or from another team’s bucket. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Use larger ping pong balls and paddles. 2) Allow more than one child to run at a time. 3) Decrease the distance between groups/table. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Introduce carrying the balls on paddles. 2) Introduce races, competitions, target scores, time limits, etc. 3) Increase the distance between groups/table.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Heads, 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>“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. Body parts are lost in the following order: <ol style="list-style-type: none"> a) “1st Miss” – Stand on one leg. b) “2nd Miss” – On one leg, one arm behind back. c) “3rd Miss” – On one knee, one arm behind back. d) “4th Miss” – Kneel on ground, one arm behind back. e) “5th Miss” – Laid on the ground. f) “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>“Empty the Table”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time, children race to empty their own buckets. 	<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"> Controlling Shots. 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.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> To perform forehand and backhand shots. To move in line with a ball and hit it over a net onto a table. To learn to aim their shots. 	<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>“Tap Table Tennis”</p> <ol style="list-style-type: none"> Children work in pairs – A table, 1 ping pong ball and 1 paddle per pair. Children take it in turns to throw the ping pong ball up to around head height (being careful not to hit anyone!) and their partner has to let the ball bounce on the table before gently tapping it back for their partner to catch. Same exercise as 1, but this time, children use a net. 	<p>“Easier”</p> <ol style="list-style-type: none"> Use larger ping pong balls and paddles. Increase the number of bounces allowed. <p>“Harder”</p> <ol style="list-style-type: none"> Don’t allow bouncing of the ball before tapping it back. Children have to tap the ball up before tapping it back.
Main Content:	Differentiation:
<p>“Bubbles”</p> <ol style="list-style-type: none"> 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>“Tap and Hit”</p> <ol style="list-style-type: none"> 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>“Champion of the Court”</p> <ol style="list-style-type: none"> 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 an underarm feed. First child who reaches 5 points wins and stays on court, while the defeated child swaps with the child keeping score. Same exercise as 1, but this time, each game starts with a serve instead of an underarm feed. 	<p>“Easier”</p> <ol style="list-style-type: none"> Use larger ping pong balls and paddles. Increase the number of bounces allowed. Introduce catching the ball before hitting it up. <p>“Harder”</p> <ol style="list-style-type: none"> Allow one bounce of the ball only. Decrease the table size. Introduce competitions and target scores. Children have to hit the ball up twice. Increase the group size (“Bubbles”).
Cool Down:	Assessment Opportunities:
<p>“Tap Table Tennis”</p> <ol style="list-style-type: none"> Same exercises as in the warm up section, but this time, children have a paddle each. 	<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"> • Hitting Targets. • Up to 30 Children. 	<ul style="list-style-type: none"> • Paddles, Ping Pong Balls, Table Tennis Nets. • Cones, Spots, 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 with the ball and hitting it back. • To learn how to hit a ball over a net onto a table to a 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.
Warm Up:	Differentiation:
<p>“Pick Up or Put Down”</p> <p>1) Children work in teams and stand in a straight line, one behind the other – 1 ping pong ball, 1 paddle and a table with a bucket on top set out 20 steps in front, per team. The first player in line runs forward over the starting line, balancing the ping pong ball on their paddle, and runs to their table and drops the ball into the bucket. They then return to their team and give the paddle to the next player in line, who runs to collect the ping pong ball, balancing it on the paddle on the way back. The next player then replicates what the first player did, and so on, until all players have had at least one go each.</p>	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Children use their other hand to trap the ball on the paddle. 2) Children walk instead of run. 3) Decrease the distance of the table. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Introduce races, competitions, target scores, time limits, etc. 2) Children start again if the ball is dropped. 3) Increase the distance of the table.
Main Content:	Differentiation:
<p>“Target Hitting”</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>“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. 4) Allow as many bounces of the ball as needed before hitting the ball back over the net. <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. 3) Introduce competitions and target scores. 4) Introduce scoring spots.
Cool Down:	Assessment Opportunities:
<p>“Pick Up or Put Down”</p> <p>1) Same exercises as in the warm up section, but this time the children walk instead of run.</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, 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 with a ping pong ball to hit it. • To reinforce controlling table tennis shots. 	<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>“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.
Main Content:	Differentiation:
<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"> a) “1st Miss” – Stand on one leg. b) “2nd Miss” – On one leg, one arm behind back. c) “3rd Miss” – On one knee, one arm behind back. d) “4th Miss” – Kneel on ground, one arm behind back. e) “5th Miss” – Laid on the ground. f) “6th Miss” – They’re out. <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. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Allow one bounce of the ball only. 2) Increase the table size. 3) Increase the net height.
Cool Down:	Assessment Opportunities:
<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.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Table Tennis Games. • 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 reinforce moving in line with the ball and hitting it. • To reinforce controlling tennis shots. 	<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>“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 4 and play their own Table Tennis Games. Each game starts with an underarm throw 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) Players on either side of the table/net playing. b) Ball Boy/Girl (collecting loose tennis balls). c) Scorer. 	<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) Introduce serves (hitting the ball over the net instead of throwing). 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.

