



SUBJECT: PE KNOWLEDGE ORGANISER

ACTIVITY: TABLE TENNIS

YEAR: 8

TERM: (AUTUMN) NOVEMBER-DECEMBER



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| Backhand push (Develop) | The ball is played on the backhand side, with a flat bat face to push the ball over the net, and move the opponent consistently out of position |
| Forehand push (Develop) | The ball is played on the forehand side, with a flat bat face to push the ball over the net, and move the opponent consistently out of position |
| Serve (Develop) | The first shot to begin a rally. The serve is alternated between the two players, after two serves the service goes to the opposite player regardless of the winning shot. Play a variety of shots to move the opponent out of position |
| Forehand topspin | A shot played on the forehand side, contact cuts on an angle to the ball to make it move differently, and move the opponent consistently out of position |
| Doubles/Singles play | Working alone or as a two to outwit the opponents. |

Figure 5.7 Backhand Short Backspin Serve



BEGINNING POSITION

1. Right foot in front of left
2. Body rotated so right shoulder and hip are close to table
3. Racket behind free hand, which holds the ball, and close to left forearm
4. Shake-hands grip



BACKSWING

1. Throw ball up
2. Rotate upper body to left
3. Racket in backswing position and open
4. Transfer weight to back foot

Figure 5.6 Forehand Short Backspin Serve



BEGINNING POSITION

1. Stand outside left side line with left foot slightly in front
2. Upper body parallel to left side line
3. Serve grip, hands close together



BACKSWING

1. Throw ball up
2. Rotate upper body to right
3. Racket open in backswing position
4. Transfer weight to back foot

KEY QUESTIONS

What ways can we vary the service to an opponent?
 When playing the forehand push how should bat be positioned to help the balls land in court consistently?
 What tactics can we use to outwit an opponent in Doubles /Singles?

