



Westacre Middle School PE Knowledge Web: Sport

Skill Acquisition

Grip

The method used to hold the racket

- The shakehand grip is easiest to use for young children
- The forefinger and thumb should lie roughly parallel to the straight edge of the rubber

Basic ready position

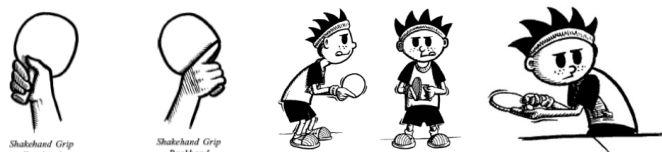
The stance used for returning a serve

- Feet should be shoulder width apart with knees bent and a slight lean forward
- Racket should be table height and in front of the body

Serve

The skill used to start a rally

- The ball starts in a flat palm and is tossed up and hit on the way down
- The ball must contact both sides of the table



Service return

The action of the opponent to return the service

Forehand drive

The hard, straight attacking stroke made on the forehand side of the racket

- The racket should be held above the elbow and move from the ready position into a backswing
- The ball should be contacted with an upward brushing action
- The racket follows through forward and up, close to head height as if saluting

Backhand drive

The hard, straight attacking stroke made on the backhand side of the racket

- The racket is held in front of the body in the ready position
- The racket moves in the direction of the ball and upward



Performance analysis

A rally

is the period during which the ball is in play.

A serve

is played from behind the table with the server hitting the ball so that it bounces on their half of the table before going over the net and bouncing on their opponent's half of the table.

Service rule

each player has two serves in a row before it is the opponent's turn.

Scoring

The server's score is always called first. A point is scored each time a rally is won. If both players reach ten points, players alternate with one serve each and the first player two points ahead of the other player wins the game.

Five common ways to win a point

- 1 The opponent fails to make a correct service
- 2 The opponent fails to make a correct return
- 3 The opponent serves or hits the ball over the court or beyond the end line without touching the court
- 4 The opponent's free hand touches the playing surface
- 5 The doubles opponent strikes the ball out of the sequence established by the server and first receiver

Doubles rules

In doubles, all players successively take it in turns to hit the ball. At each change of service, the previous receiver becomes the server, while the previous server swaps sides with their partner who becomes the receiver.

A let

is called when the ball hits the net during a serve. When a 'let' is called, the server may have another serve.

A game

is played with two (singles) or four (doubles) players and is won when a person or team reaches 11 points. Games can also be played with a time limit (for example a player or team leading after five minutes is the winner). If scores are level, then the game is determined with serves alternating after each point. The first player or team two points in front of the other player wins the game.

Healthy Active Lifestyle

<https://www.tabletennisengland.co.uk/>

Liam Pitchford and Paul Drinkhall

bagged gold in the 2022 Birmingham Commonwealth Games, beating Indian opponents to become the first pair in Games history to defend their Men's Doubles title. Pitchford also became the first English player to reach a singles gold medal match at the Commonwealth Games and ended the tournament with silver.



<https://droitwichspacommunityttc.ttclubs.co.uk/>

Droitwich Spa Community Table Tennis Club deliver sessions at Dodderhill School every Thursday 7—9pm.

Did you know?

- Table Tennis became an Olympic sport in the 1988 Summer Olympics in Seoul
- Table Tennis is both an Olympic and Paralympic sport
- Table Tennis is the national sport in China, where millions of people play
- Elite players can hit the ball at speeds over 160km/hour

Year 5

You have the opportunity to join table tennis club at lunchtimes.

Year 6

You will be taught how to play table tennis so that you can use the equipment effectively at break times.

Year 7

You can continue to play table tennis at break times and will have the opportunity to take part in house competitions.