

# Physical Education → Table Tennis KS4/KS4

Key Skills	Physical Attributes	Knowledge	Rules
<p>Serving Return of the serve Offensive strokes – hit, flick, smash, loop and counter-hit Defensive strokes – push/slice, chop, block and lop Spin on strokes – topspin, backspin, sidespin and corks핀</p>	<p>Speed Agility Co-ordination Power Muscular endurance Reaction time Flexibility</p>	<p>Core skills Advanced skills Basic rules Basic regulations Tactics Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance</p>	<p>Serving Order of play Scoring Let</p>
Teaching Focus		Literacy	
<p><u>Year 7</u></p> <ul style="list-style-type: none"> <li>• Repetition of <b>core skills</b> through <b>isolated drills</b> in order to develop <b>control</b> and <b>accuracy</b></li> <li>• Application of <b>core skills</b> within <b>condition games</b> in order to develop <b>confidence</b> whilst <b>under pressure</b></li> <li>• Application of <b>core skills</b> within a <b>competitive situation</b> in order to <b>outwit opponents</b></li> <li>• Understanding of <b>basic rules, regulations</b> and <b>positioning</b></li> </ul>		<p>Rules Regulations Tactics Analysis Attack Defence Positioning Intercepting Disguising Switching Footwork</p>	

- **Analysis of own performance against practical criteria**

Heart rate  
Intensity  
Blood flow

### Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control and fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations and positioning**
- **Analysis of own performance and the performance of others** against practical criteria .

Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.  
Outwitting opponents  
Accuracy

### Year 9

- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure** .
- **Application of advanced skills** within a **competitive situation** in order to **outwit opponents**
- Understanding of **key tactics** used to **outwit an opponent** .
- Application of **key tactics** during **competitive game play** .

- Analysis of own performance and the performance of others against practical criteria KS4.
- Adopt a leadership role in the lesson.

**KS4:**

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole'** approach might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

## Useful resources

[www.tabletennisengland.co.uk](http://www.tabletennisengland.co.uk)  
[GCSE PE OCR NEA Grading Criteria – Table Tennis](#)

## School Club Links

Formby Table Tennis Club  
Southport Table Tennis Club  
Waterloo Table Tennis Club