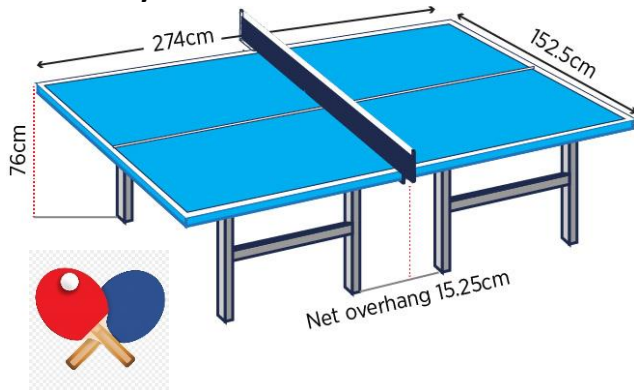


TABLE TENNIS - YEAR 7

1. Aim of the game: hit the ball over the net onto your opponent's side. A point is won by you if your opponent is unable to return the ball to your side of the table (e.g. they miss the ball, they hit the ball but it misses your side of the table or the ball hits the net) or if they hit the ball before it bounces on their side of the table.

2. Table layout:



3. Scoring: The winner of a game is the first to 11 points. There must be a gap of at least two points between opponents at the end of the game though, so if the score is 10-10, the game goes into extra play until one of the players has gained a lead of 2 points. The point goes to the player who successfully ends a rally, regardless of who has served.

4. Rules: A player takes two serves before the ball switches to the opponent to serve, except during periods of extra play where it changes each time. Service can be diagonal or in a straight line in singles. For service, the ball should first bounce in one's court, then in the opponent's court. If the ball touches the net before touching the opponent's court it is a 'let' and service is retaken. A player is not allowed to strike the ball in volley. A player may not touch the table with their non-paddle hand.

5. Keywords:

SERVE - The first shot, done by the server.

RALLY - The period in which the ball is in play.

LET - Service ball hitting the net or a distraction that causes the point played over.

STROKE - Any shot used in the game, including the serve.

VOLLEY - To strike the ball before it touches the table.

6. Skills/ techniques:

GRIP - The grip favoured by most players is known as the 'shake hands' grip, although there are alternatives (e.g. penhold)

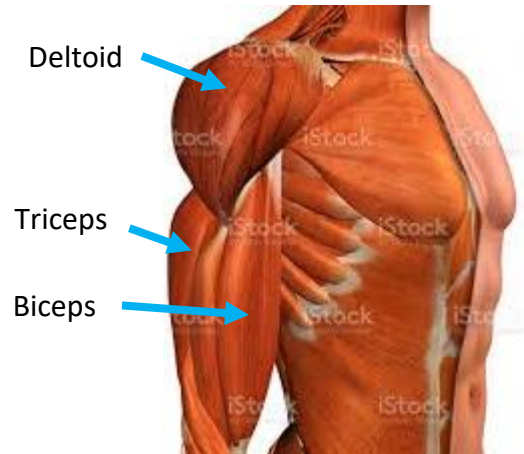
SERVE - A stroke which starts every rally. Service can be regarded as the most important stroke in Table Tennis since it provides the only situation in which the player has total control over how and where to play the ball.

BACKHAND PUSH - To keep the ball safe from the opponent attacking the ball. To increase the opportunity to attack.

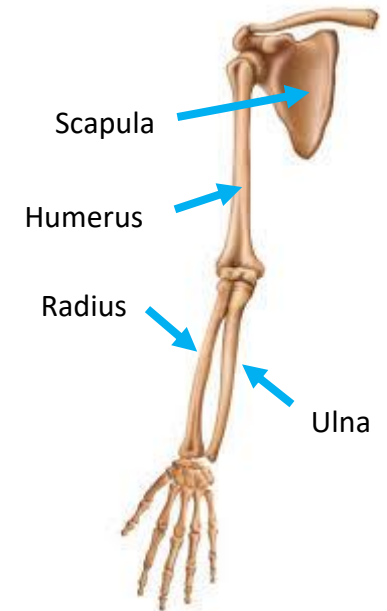
FOREHAND DRIVE - To decrease the amount of time available to the opponent.

SMASH - A put-away shot. Ball is hit with enough speed so the opponent cannot make a return.

7. Muscles:



8. Bones:



9. Components of fitness:

CO-ORDINATION - The ability to use different (two or more) parts of the body together smoothly and efficiently

REACTION TIME - The time taken to initiate a response to a stimulus