

**Physical Education
Unit 11: Table Tennis**

Essential Understandings	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and team work. ▪ Students will learn the benefits of table tennis as a physical activity and lifetime recreational activity.
Essential Questions	<ul style="list-style-type: none"> ▪ What is a serve? ▪ What is a return? ▪ How are points scored? ▪ When is the ball in play?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Basic Rules <ul style="list-style-type: none"> ○ The team that serves first decides which player serves first, and the opponents choose which player will receive first. ○ The ball is in play until it touches something other than the table, the net assembly, the racket, the racket hand below the wrist, or unless the ball is in let. ○ A player scores a point when the opponent fails to make a good serve, fails to make a good return, obstructs the ball, allows the ball to bounce twice in his/her court, strikes the ball twice in making one return, moves the table while the ball is in play, touches the playing surface while the ball is in play, touches the net or its supports while the ball is in play or strikes the ball out of sequence. ○ To serve the server tosses the ball up at least six inches and then strikes the ball on it's descent with the racket, behind the serving line. ○ The served ball must hit on the server's right-hand court and then the receiver's right hand court. ○ If a player misses the ball while attempting to serve, he loses a point. ○ The ball must touch the server's court first, pass over or around the net, and touch the receiver's courts. ○ A return is good when it passes over or around the net or its supports and strikes the opponent's court. ○ A return may touch the net or its supports so long as it lands in the opponent's court.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ let, obstruction, rally, receiver, server, racket
Essential Skills	<ul style="list-style-type: none"> ▪ Demonstrate knowledge of game rules and procedures. ▪ Demonstrate knowledge of how to score. ▪ Demonstrate correct serving technique. ▪ Demonstrate correct receiving technique. ▪ Demonstrate good sportsmanship and ability to work with teammates.

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<p align="center">Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G1.Stability and Force Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities. a. Demonstrate how spin and rebound affect the motion of an object. b. Use the principle of opposition, point of contact, and point of release to change the path of an object during a game/physical activity. G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills. I. Personal and Social Skills and Knowledge I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities. a. Accept constructive feedback. b. Give constructive feedback. c. Include peers respectfully in activities. I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities. I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities. a. Explain how etiquette/rules contribute to productive participation.</p>
<p align="center">Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Students will be paired and play table tennis against other pairs.
<p align="center">Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Students will demonstrate proper serving techniques. Assessment is based on individual student’s understanding of the procedure, not their physical abilities and coordination.

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Sample Resources	<ul style="list-style-type: none">▪ <u>Publications:</u><ul style="list-style-type: none">○ <u>The Sports Rules Book: Essential Rules for 54 Sports – Human Kinetics</u> – Thomas Hanlon
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