

# TABLE TENNIS FOR A HEALTHY LIFE

## Quarter 3

### MODULE 1

This module will aid you to develop knowledge, skills, and behaviors that will enable you to maintain good health, live a healthy life, and understand the role of dual sports as a form of physical activity in ensuring good health.

### EXPLORE Your Understanding

In this phase, you will be introduced to activities that will lead you to draw the essential question, diagnose, and activate your prior knowledge of dual sports, specifically on table tennis.

#### Activity No.1 Know Yourself

Put a check (/) mark in the Column of YES or NO to assess yourself. Copy and answer the table below in your journal/notebook.

	YES	NO
1. I play table tennis		
2. I had the chance of playing table tennis		
3. I have interest in learning table tennis		
4. I have participated in table tennis competitions		
5. I am skillful in playing table tennis		

Your answer and the information in this activity are important before you move on to the next activity.

#### Activity No. 2 Play Recall

Recall a game you have played before that resembles like a table tennis game. Kindly describe how you played the game. Include the materials and equipment you used. Write the description in your journal/notebook.

Description:

### Activity No. 3 Picture Association

Below are pictures of some playing materials used in dual sports. Associate these pictures with the game table tennis. Make use of arrow signs. Write your answer in your journal/notebook.

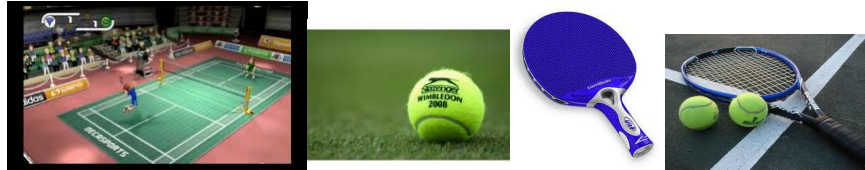


Table  
Tennis



### Activity No. 3 Isn't That Amazing

Read the story below.

#### Table tennis player, 10, turning heads in Halifax

The Canadian Press

Last Updated: Feb 22, 2011 6:02 PM ET

Read 2 comments 21 people have recommended this



Ten-year-old Edward Guo from Alberta competes in table tennis at the 2011 Canada Games in Halifax, N.S. on Monday, Feb. 21, 2011. (Andrew Vaughan/Canadian Press)

Edward Guo of Edmonton dances around his teammate and coach with a red table tennis paddle in hand, hopping up and down and swinging his skinny legs from side to side.

He's about to face off at the Canada Winter Games against an opponent from Manitoba — an opponent who towers over his tiny four-foot-nine, 88-pound frame.

Only 10 years of age, Eddie — as he prefers to be called — is one of the youngest competitors at the Games in Halifax.

"It's very exciting," says Guo, a shy smile spreading across his face. "I get to meet new people and they're all older than me. I like to see their faces when they're surprised.

"That makes me feel happy 'cause, like, they're nervous of a person younger than them."

The Grade 5 student, who won't turn 11 until October, began playing table tennis about 3 ½ years ago. He devotes about two hours each day to his sport — a commitment he admits can get a little annoying at times.

But his dedication has led him to one of three male spots on Alberta's table tennis team.

His 16-year-old teammate, Calvin Chong, says opponents from other provinces might wonder why Alberta is "bringing a kid like this to a tournament." But he says the joke is on them.

"They're probably nervous when [Eddie] gets some points from them because he's not a bad player. He can compete with them," says Chong.

On this day, however, Guo's 15-year-old opponent is having the better game. At one point, he looks to the ceiling, puffs up his cheeks and lets out a little sigh before serving again.

When Manitoba comes out on top at the end of the game, Chong gives his young teammate a reassuring pat on the head.

"He's always taking the game seriously. He's active, positive and he tries hard, no matter how good his opponents are," says Chong, a Grade 10 student from Calgary.

"He can grow up to be a really good player. He's always playing with other older players and stronger players so I think he improves a lot."

Most recently, Guo won two silver medals and helped Alberta to a team gold at the Canadian junior championships in Calgary. He is also the second-ranked under-11 player in Canada.

He says he hopes to play at international competitions in the future. Maybe even the Olympics.

"I have to practice, make new friends and gain experience," Guo says of his future plan. For now, however, his goals are more modest.

Just moments after his "depressing" loss, a rejuvenated Guo is content just thinking about the other athletes he's met since arriving in Halifax.

"It's very exciting with all these people here," he says. "I can get new friends."

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**THE CANADIAN PRESS** 🇨🇦

Read more: <http://www.cbc.ca/sports/olympics/story/2011/02/22/sp-cwg-table-tennis-player.html#ixzz1N9PspJnV>

Wow! He is really great! So young, yet so really good! Huh! Now, see the picture below:



Whew! She is amazing! Do you think you can beat her? Prove if you can.

Answer the question in your journal/ notebook:

1. What can you say about the article you have just read? What about the pictures? Do these inspire you to play table tennis? How?
2. What benefits can you gain from playing table

#### Activity No.5

#### KW

List down the things you already know and the things you still want to know about table tennis.

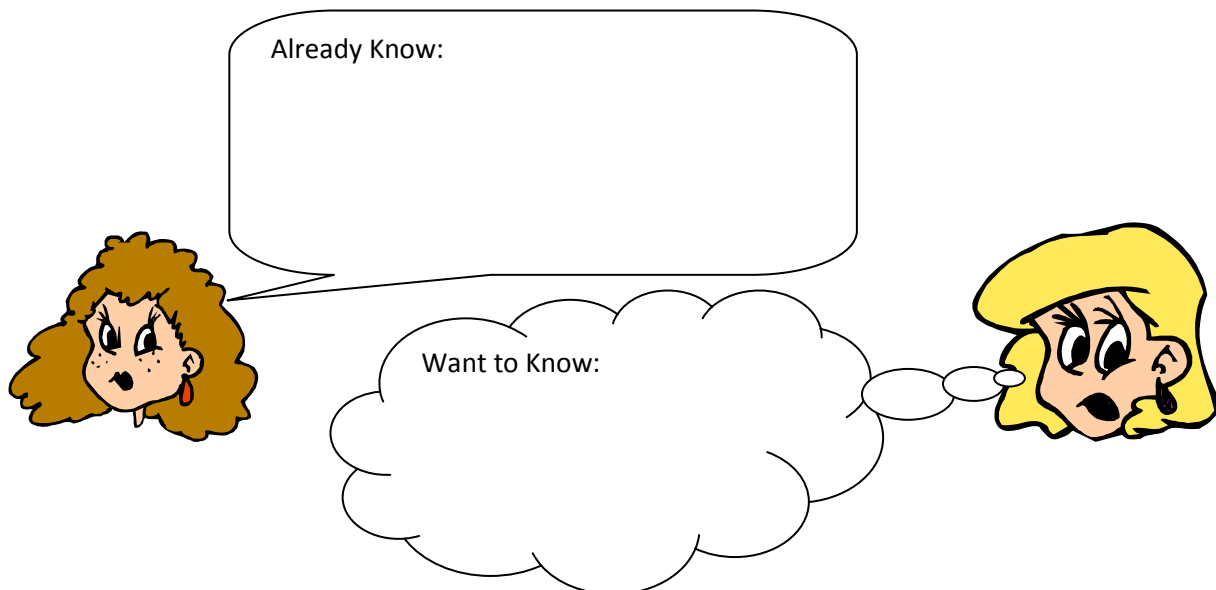


Table tennis is fun and challenging at the same time. You might have questions like:

1. What do you expect to learn from this module?
2. What benefits can you obtain from learning table tennis?

At the end of this module, you would be able to know concepts in table tennis. The knowledge and skills you already have about table tennis will be further enhanced and strengthened.

Getting interested? I hope you do. You will learn more as you go to the next phase of this module.

### FIRM UP Your Understanding

In this phase, you will be provided with different activities & resources on individual sports for you to reflect, rethink, clarify and validate your understanding of athletics.

Lessons in this module will focus on the scope and sequence of table tennis, the process of skill acquisition and the progressive and sequential development of table tennis skills.

### READ and you will UNDERSTAND

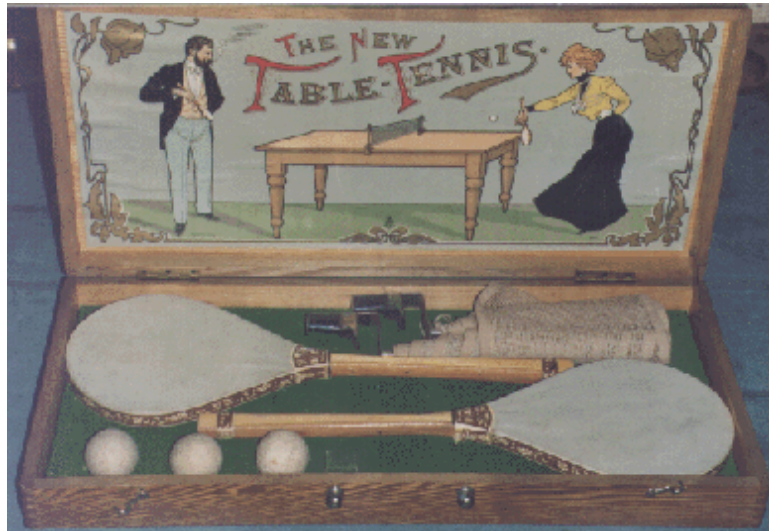
#### Lesson 1 Nature and Background of Table Tennis

Table tennis is an exemplary game of skill requiring remarkable hand eye coordination by the players. In order to play the game professionally you require high degree of perseverance and concentration to position the ball at the required place in the opponent's side of the table.

Very little can be said about the history of table tennis. There is the creation of the game, and the development of the game, but that's all.

Table tennis game was initially an after-the-dinner amusement for British officers in India and South Africa during the 1800s. It was first called ping pong. Ping pong became the game's registered name during 1901 until it was later altered to Table Tennis. During the year 1935, the U S Table Tennis Association was formed which was later renamed as U.S.A Table Tennis (year 1994). The first table tennis world championship tournament was played in London during the year 1927. Olympic table tennis was first played in 1988 (with both men and women Singles and Doubles matches). Today table tennis game witnesses enthusiastic participation from both the east and the west alike.

Below is a picture of the table tennis equipment in the 1800's.

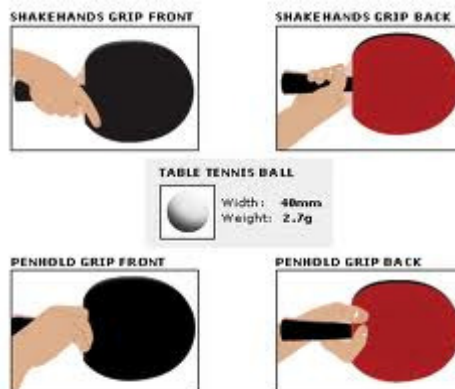


**Sala Set** ©Copyright Racket Sports Heritage

## Lesson 2 Basic Skills of Table Tennis

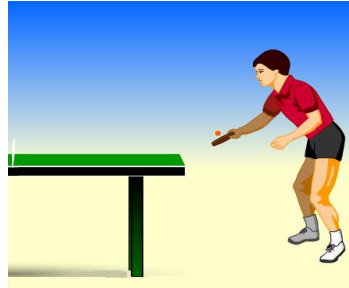
### Table Tennis Grip

The table tennis grip is important because it controls the angle of the racket (paddle / bat) ... And the angle of the racket controls the height of the ball, the depth of the ball, the speed of the ball, the direction of the ball, the type of spin and the amount of spin.

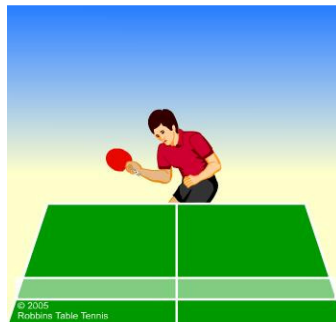


## Table Tennis Strokes

The **backhand push** is a defensive stroke using backspin to make it hard for your opponent to attack. By pushing short you really limit the options your opponent has to take the initiative.



When executing the **forehand push** you need to impart some backspin. This makes it hard for your opponent to attack the ball. By pushing short, your opponent will not be able to take a full swing at the ball.



The **forehand topspin** is one of the most fun strokes to play. And once you learn how to impart a strong topspin on the ball, it will become a very consistent stroke.



The **backhand topspin** should be learnt at the same time as the forehand topspin. It is a great attacking stroke that can really improve your game. By being able to play such an aggressive shot from your backhand side, your opponent will find it difficult to stop you gaining the initiative.



The **backhand block** is used against an attacking topspin. As your opponents shot will be fast, you won't need to make the pace yourself and so the stroke can be quite short. You will need to vary the angle of your racket depending on the amount of topspin on the ball.



The **forehand block** is used against an attacking topspin. As your opponents shot will be fast, you won't need to make the pace yourself. You will need to vary the angle of your racket depending on the amount of topspin on the ball.



The **forehand smash** is used as an attacking stroke to try and win the point. The most common mistake we see players make with the forehand smash, is failing to get themselves into position. The key to the smash is to get your feet moving early and get into a good position.





The **table tennis serve** is the most important stroke in the game because it provides the only situation in which you have total control over how and where you play the ball.



## Lesson 2 Table Tennis Equipment

The Table - Official *table tennis* game tables are a rectangular surface 9 ft. (274 cm.) long and 5 ft. (152.5 cm.) wide. The playing surface is placed 2 ft. 6 in. (76 cm.) above the ground. The table surface should be dark colored with a 3/4 inch (2 cm.) white line running along each edge. The table should offer uniform bounce during the game.



- The Ball - Table tennis ball is spherical and is 40mm in diameter. The ball is made of celluloid or similar plastic material. It generally weighs 2.7 gm.



- The Net - Net is placed at the center, dividing the table in to two equal halves. The net is placed 6 in. (15.25 cm.) above the playing surface.



- The Racket - Table tennis racquet should be flat and rigid. It can be any size, shape or weight. Minimum 85% of blade thickness should constitute natural wood.



### Lesson 3 Rules for Playing Table Tennis

Official table tennis games are played for 11 points. The team or player to score 11 points first is declared as the winner. In case there is a tie for 10 points between the



O B H N F H B F Y Q I N A I K  
 Y C Q N D L G C M D W R Q O I  
 J L M T O Y Q H D H K S A Y E  
 Z Q N C R H U B B B W M X S C  
 C O K U S S T R O K E A A V I  
 D O P I R G F E G P R S F J S  
 R N T S N H G F N U U H B G L  
 D N A H E R O F O P P Y U T P  
 L R S H U R J Y P T G Q V T U  
 K L E F K X V N G E R O E U L  
 P C A E E C V E N N F K U Z W  
 D F G B L M A G I C C I S E X  
 M T O F I G G B P A W I P N M  
 U Q K Y Z H S L R O S Q N W I  
 F N B S Q C A X Z I S W F R V

BACKHAND  
 FOREHAND  
 PINGPONG  
 SMASH

BALL  
 GRIP  
 RACKET  
 STROKE

BLOCK  
 NET  
 SERVE

Activity No. 3 Skill Identification

Identify the pictures shown in this activity. Write your answer in your journal/notebook.



1.



5.



2.



6.



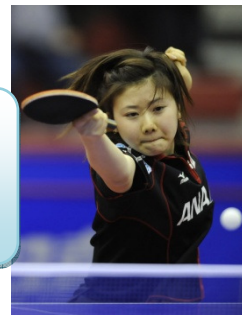
3.



7.



4.



8.

Wow! You are doing great! I believe that you were inspired by the pictures you have seen previously in this module. Do you like to try performing these different table tennis skills?

After firming up your understanding on dual sports specifically table tennis, you will now be provided with meaningful activities that will deepen your understanding by going to the next phase of this module.

## DEEPEN Your Understanding

In this phase, you shall be exposed to various actual games or recorded games to further enrich your understanding of the different dual sports. Likewise, you will experience performing the different athletic skills at the actual playing venues. You will be given the opportunity to express your understanding which your teacher shall assess at the end of this module.

### Activity No. 1 The Grip

Perform the following table tennis grips. Choose the grip you are most comfortable to use with.



- With the shake-hands grip, the racket handle is held in the palm of your hand so that the start of the racket head fits snugly into the "V" shape formed by your thumb and first finger.
- Your fingers should lie roughly parallel with the straight edge of the rubber at the base of the racket head. This enables you to have good control over the racket angle.
- The remaining three fingers are wrapped around the handle to provide stability.
- The grip should be firm but not tight and the racket should form an extension of your hand and forearm.
- This grip should remain constant during play.

### Activity No. 2 Ball Control

- Bounce the ball on the forehand side of your racket, with a bounce height of 30cm (12 inches)
- Repeat 1 above, but use the backhand side of your racket
- Bounce the ball on each side of your racket alternately

- Repeat 1, 2 and 3 but vary the height of the bounce
- Repeat all the above exercises whilst walking or jogging

You may need a partner to play with you in performing the following table tennis skills:

### Activity No. 3 Backhand Push Stroke



- To play this stroke, stand close to the table and take a stance facing the line of play.
- Using a short stroke, your racket arm should move from the elbow in a horizontal plane whilst your free arm should point towards the ball to assist with your balance.
- Hit the ball at the top of the bounce (i.e. when the ball is at its highest point) using 50% of your stroke action before hitting the ball and 50% after hitting the ball.
- Strike the ball on the back bottom portion so that you impart slight backspin.

### Activity No. 3 Forehand Push Stroke



- To play this stroke, stand close to the table and take a stance facing the line of play.
- Using a short stroke, your racket arm should move from the elbow in a horizontal plane whilst your free arm should point towards the ball to assist with your balance.
- Hit the ball at the top of the bounce (i.e. when the ball is at its highest point) using 50% of your stroke action before hitting the ball and 50% after hitting the ball.

- Strike the ball on the back bottom portion so that you impart slight backspin.

#### Activity No. 4 Backhand Drive



- To play this stroke, stand close to the table and take a stance facing the line of play.
- Using a medium stroke, your racket arm should move forward and slightly upwards in the direction that the ball is to travel, whilst your free arm should point towards the ball to assist with your balance.
- The racket angle should be slightly closed, and by keeping a loose wrist you can impart topspin as you move your arm forward.
- Hit the ball at the top of the bounce (i.e. when the ball is at its highest point) using 50% of your stroke action before hitting the ball and 50% after hitting the ball.

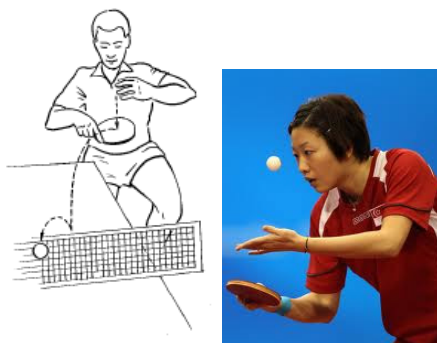
#### Activity No. 4 Forehand Drive



- To play this stroke, stand close to the table and take a sideways stance facing the line of play.
- Using a medium stroke, your racket arm should move forward and slightly upwards in the direction that the ball is going to travel, whilst your free arm should point towards the ball to assist with your body turn and balance.
- During your stroke, your upper body should rotate approx. 45 degrees to the right then turn back to face the ball, whilst your body weight moves from your right foot to your left.
- The racket angle should be slightly closed to impart topspin.
- Hit the ball at the top of the bounce (i.e. when the ball is at its highest point) using 50% of your stroke action before hitting the ball and 50% after hitting the ball.



## Activity No. 5 Table Tennis Serve

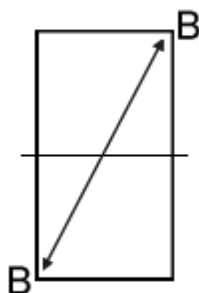


- On your backhand side, position yourself at the side of the table, halfway between the net and your end of the table.
- Hold the racket at an open angle - as if you were going to play a backhand push - and with your free hand, hold the ball between your thumb and first finger at a height of around 30cm (12 inches) directly above the racket.
- Without moving your racket, drop the ball onto it so that the ball is projected towards your opponent's side of the table.
- The ball must first bounce on your side of the table and then go over the net and bounce on your opponent's side of the table.
- Repeat this several times until you're consistently successful.
- Once you've mastered this technique standing close to the net, gradually move further away from the net, nearer to your end of the table, and repeat the exercise.

## Activity No. 6 Basic Practice Skills

- Consistency of strokes will only be achieved by continued practice. Spend at least 15 minutes on each of the following drills.
- And don't forget to do your warm up exercises first!

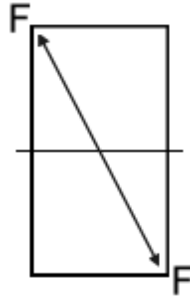
### 1. Backhand to Backhand



- The first drill is backhand to backhand crosscourt.

- Both players will use a backhand stroke, returning the ball to the backhand corner only.
- Start by using a backhand push and then both players progress to a backhand drive.

## 2. Forehand to Forehand



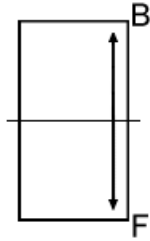
- Next, switch sides and play forehand to forehand crosscourt.
- Both players will use a forehand stroke, returning the ball to the forehand corner only.
- Start by using a forehand push and then both players progress to a forehand drive.

## 3. Backhand to Forehand



- The next basic practice drill is playing backhand to forehand down the line.
- One player uses only backhand strokes, whilst the other player uses only forehand strokes.
- Start by both players using a push stroke, then progress to one player using a backhand drive whilst the other uses a forehand block.
- Then, the two players switch ends and each plays the strokes just used by the other player.

## 4. Forehand to Backhand



- The last basic practice drill is playing forehand to backhand down the line.
- One player uses only forehand strokes, whilst the other player uses only backhand strokes.
- Start by both players using a push stroke, then progress to one player using a forehand drive whilst the other uses a backhand block.
- Then, the two players switch over and each plays the strokes just used by the other player.

All of the above table tennis tips and practice drills will help you to become more consistent. And this in itself will win you more games.

But, whilst consistency of strokes is important, the above practice drills don't involve much movement, particularly the side to side movement which usually occurs during a table tennis game.

As it's a good table tennis tactic to move your opponent around the table, you'll therefore need to practice your footwork and your placement skills with some advanced practice drills.

#### Activity No. 7 Advanced Practice Skills

These practice drills involves one player practicing his placement skills while the other player practices his movement skills.

Remember ... consistency will only be achieved by continued practice, so spend at least 15 minutes on each of the following drills.

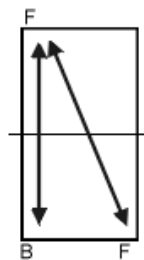
And don't forget to do your warm up exercises first!

#### 1. Backhand and Forehand to Backhand



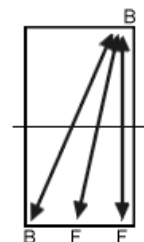
- One player will use his backhand and forehand to practice his movement skills, whilst the other player will use his backhand only to practice his placement skills.
- Start with one player playing alternate backhand and forehand push strokes to the backhand corner, whilst the other player plays backhand push strokes alternately to the backhand and forehand corners.
- Then, one player plays alternate backhand and forehand drives to the backhand corner, whilst the other plays a backhand block alternately to the backhand and forehand corners.
- Finally, the two players switch ends and each plays the strokes just used by the other player.

## 2. Backhand and Forehand to Backhand



- One player will use his backhand and forehand to practice his movement skills, whilst the other player will use his forehand only to practice his placement skills.
- Start with one player playing alternate forehand and backhand push strokes to the forehand corner, whilst the other player plays forehand push strokes alternately to the backhand and forehand corners.
- Then, one player plays alternate backhand and forehand drives to the forehand corner, whilst the other plays a forehand block alternately to the backhand and forehand corners.
- Finally, the two players switch ends and each plays the strokes just used by the other player.

## 3. Forehand/Forehand/ Backhand to Backhand



- One player will play two forehand drives followed by one backhand drive to practice his movement skills, whilst the other player will use a backhand block to practice his placement skills.
- The first shot is played by the player using just his backhand.

- He plays a topspin serve to the other player's forehand corner, who then plays a forehand drive back to the backhand corner.
- The server then plays a backhand block to the middle of the table and the other player plays a forehand drive back to the backhand corner.
- The server then plays another backhand block to the backhand corner and the other player plays a backhand drive back to the backhand corner.
- The server continues the sequence by playing his next shot to the forehand corner and continuing as above.

By the way ... this drill can get very tiring!!!

**Assessment:** Your work will be scored according to the criteria in the following rubric. Use this information to self-asses your performance.

#### Table Tennis Serve

Activity	Excellent	Very Good	Satisfactory	Poor Attempt
Ball held in palm with fingers stretched, above the table.				
Ball is tossed vertically at least six inches.				
Ball is struck on the way down.				
Ball is struck behind the end line.				

#### Table Tennis Push

Activity	Excellent	Very Good	Satisfactory	Poor Attempt
Paddle is in open position.				
Ball is hit in front of body.				
Follow-through is forward and down.				

#### Table Tennis Drive

Activity	Excellent	Very Good	Satisfactory	Poor Attempt
Paddle is in a closed position or angled downwards.				
Contact with ball is made slightly to side of body.				
Waist turns naturally along with the arm.				

Follow-through the line				
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Activity No. 8 A Simple Community Sports Program

Make a project proposal on how to strengthen the table tennis program in your community. Consider the following in your proposal:

1. Title
2. Objectives
3. Time Frame
4. Mechanics (Steps, Procedures on how to go about with the program)
5. Budget

Activity 12 Watching Actual Games or Recorded Games

Watch and observe actual table tennis competitions. Observe the following:

1. How the competition or game takes place from start to finish
2. How competitors perform in the competition, and
3. How the rules are applied in the games

You may write down all the observations you will have and share them with your MAPEH teacher. Write all your observations in your journal/notebook

Activity 13 Checking Your Understanding

Answer the following questions in your notebook:

1. Why is active participation in dual sports important to your life?
2. How can you benefit from participating actively in dual sports?
3. Complete the sentence below:

The benefits of dual sports can be realized by

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**TRANSFER Your Understanding**

In this phase, you will perform appropriate individual sports to promote physical fitness.

## Get Into Sports!

You may choose from or you may perform all the given choices below to get yourself involved in sports.

1. Ask your MAPEH teacher to involve you in dual sports competitions your school may have within the school year or the future (e.g. intramural, fun games, home and away games, etc.).
2. Actively participate in sports activities organized by the barangay, government, community leaders or organizations and associations.
3. Always keep a record of your performances in all dual events you will get involved with.
4. Confer with your MAPEH teacher. Update him/her with your performances and involvement in athletic sports and let him/her assess your performances.
5. Your performance will be assessed using the following criteria: Appropriateness, execution of the skills, proficiency, mastery and behavior during performance.

Note: Submit all requirements you are asked in this module and by your MAPEH teacher.

# CONGRATULATIONS

## ANNEX A

### References:

Honing Your Skills through MAPEH I

MAPEH SKILLS I

Distance Learning Modules (P.E. and Health)

2010 Teaching Guides (P.E. and Health)

### Web Based Resources:

[www.medicinnet.com](http://www.medicinnet.com)

[www.aquasphereswim.com](http://www.aquasphereswim.com)

[www.burnleybobcats.com](http://www.burnleybobcats.com)

[www.knolgoogle.com](http://www.knolgoogle.com)

[www.sportcentric.com](http://www.sportcentric.com)

[www.inmagine.com](http://www.inmagine.com)

[www.buzzle.com](http://www.buzzle.com)

[www.livestrong.com](http://www.livestrong.com)

[www.teachpe.com](http://www.teachpe.com)

[www.wikipedia.com](http://www.wikipedia.com)

[www.google.com](http://www.google.com)

[www.yahoo.com](http://www.yahoo.com)

[www.ehow.com](http://www.ehow.com)

[wiki.answers.com](http://wiki.answers.com)

[www.librarythinkquest.com](http://www.librarythinkquest.com)

[www.chiff.com](http://www.chiff.com)

[m2002.thecgf.com](http://m2002.thecgf.com)

[www.drillskills.com](http://www.drillskills.com)

[www.allabout.com](http://www.allabout.com)

## ANNEX B

ANSWERS:

Activity No. 1



Table tennis is an exemplary game of skill requiring remarkable hand eye coordination by the players.

### Activity No. 3

1. Forehand Drive
2. Backhand Push
3. Forehand Topspin
4. Table Tennis Serve
5. Backhand Block
6. Forehand Topspin
7. Forehand Push
8. Backhand Topspin