



# Table Tennis

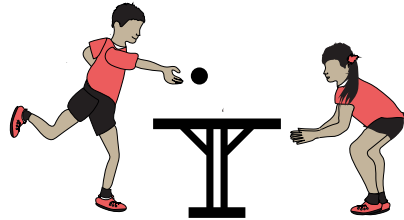
## PE Home Learning



Can you play fairly and keep the score?

### Time to Learn:

- Use a table (outside or inside) and books or cups to create a net.
- Using a small ball or rolled piece of paper, can you hit the ball/piece of paper, using your hand over the net and land it on your opponents side?
- If you are using a ball, it can not bounce more than once, if you are using a piece of rolled up paper it is not allowed to bounce.
- The first player to score ten points is the winner.



Play on your own and throw the ball against a wall. Let it bounce once and then catch it.



### Play for five minutes.

The player with the most at the end is the winner.



### Have a competition!

Create a league table and play against different family members.



### Top Tips

Strike the ball low to high

- Use the palm of your hand and hit the ball from underneath, pushing it up over the net low to high.



### Let's Reflect

How were you able to hit the ball with your hand after one bounce?

How did you feel when you kept the ball going in a rally?