Table Tennis
PE Home Learning

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?