

# Keepie Uppies

TT KIDZ: WEEK 1

ACTIVITY: **KEEPY UPPIES**



## LEARNING OBJECTIVE

- Keep the ball under control
- Maintain a good ready position
- Correct grip



Allow to do 1 hit in the air then hit after 1 bounce on the floor.



Use alternate sides of the bat. So 1 strike on Forehand side and 1 strike on Backhand side.

## ACTIVITY

Players to make small bounces of about 20cm with ball on the bat with Forehand side.

## ORGANISATION

- Equipment: ball and bat each
- Position players in the area to demonstrate



- Is the ball rising or falling when you first touch it?
- How can you make the ball bounce slower or faster?
- Is it easier to control if you hit the ball higher or lower?



## Covid-19 Modifications

- Children to use their own bat and ball.
- Create an area for child to stay within by using cones.
- Any equipment used to be sanitised after every activity.



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# Wall TT

TT KIDZ: WEEK 3

ACTIVITY: **WALL TT**



**LEARNING OBJECTIVE**

- Play a backhand with control of speed and direction of the ball
- Read the flight and direction of the ball – bouncing, rising and falling
- Correct grip

**EASIER**

- Work with partner with 1 player striking against the wall and 1 player catching after 1 bounce on the floor
- Use a bigger ball
- Aim higher on the wall

**HARDER**

- In pairs alternate hits, against the wall allowing 1 bounce

**ACTIVITY**


Players practise striking the ball with the Backhand into the wall and catching with non-playing hand, allowing the ball to bounce on the floor first.

**ORGANISATION**

- Equipment: ball and bat each
- Position players in the area to demonstrate

**DISCOVER**

- Is the ball rising or falling when you first touch it?
- How can you make the ball bounce slower or faster?
- Is it easier to control if you hit the ball higher or lower?



## Covid-19 Modifications

- Children use their own equipment.
- Setup children at least 2m apart.
- By increasing the space between each child, there is less chance of children going near each other.

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# Ping Pong Game

## WEEK 5.1

### FOREHAND



### OBJECTIVES

To learn how to control and strike the ball using the Forehand side of the bat.

### EQUIPMENT

Marker Cones, Table Tennis Bats and Balls, Targets, Plastic Cups, Balloons, Table Tennis Tables or Desks.

### NATIONAL CURRICULUM

Running, jumping, throwing and catching.

Flexibility, strength, technique, control and balance.

Communication, collaboration and competing.

Play modified competitive games.

Evaluate and recognise their own success.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### WARM UP

#### PING PONG GAME

- Players line up in 2 teams side by side all in a Ready Position. Place a row of marker cones about 3m away from each team.
- On command of "Ping", that team has to sidestep to their cones and "Pong" team have to catch them (sidestepping) and vice versa.



Allow more time between changes in command.



Players have to place a ball in the cone before being tagged by partner.

### Covid-19 Modifications

- Amend so that each child is working with their own ball and it is a race to put their own ball back on the cone.
- If working in pairs, remain in the same pair for the duration of the activity
- Balls and cones to be sanitised after activity.
- Cones to be 2m apart

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