

# Unit Plan Table Tennis

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Unit Plan – Table Tennis Objective: To learn the rules and skills for the game of table tennis so students can play it as a life-long activity. Some fitness activities will be included to encourage a healthy lifestyle. Table Tennis Activities: - warm-up, serve, returns - games - tournaments - self-designed games . Fitness Activities: - running

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Get Free Unit Plan Table Tennis Unit Plan – Table Tennis Activity One  
Let your students know they will be learning about four basic grips utilized in the sport of table tennis. Divide your students up into four groups. Group One: you will be Team Penhold Grip Group Two: you will be Team Seemiller Grip Group Three: you will be Team Shakehand Grip Group ...

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*Unit Plan Table Tennis - apocalypseourien.be*

This lesson plan will educate your students about the fun and exciting sport of table tennis. They will learn four major grips, practice drills, and finally participate in some actual competition.

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Philosophical Statement ... different warm-ups in our unit plan, which we consider to be fun and motivating for any physical education class. Some of the warm-ups will be sports specific while others will be fun.

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Tennis Unit Plan I. Standards and Unit Objectives A. Cognitive Standard IN Standard 2: Students will demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. 1.

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