

ROCK PORT HIGH SCHOOL PHYSICAL EDUCATION

BLOCK PLAN: Table Tennis 2003-04		
Day 1: <ul style="list-style-type: none"> ◆ Attendance ◆ Fitness components/warm-up ◆ Intro to day's objectives- Video 1 "Singles" table tennis ◆ Skill intro: Backhand- block, drive Forehand- block, drive Serve- side spin ◆ Partner Rally and assessment. ◆ Scoring ◆ Singles Game Play 	Day 3: <ul style="list-style-type: none"> ◆ Attendance ◆ Days Objectives- Intro. To Doubles ◆ Fitness components/warm-up ◆ Skill practice: forehand, backhand, serve ◆ Modified Games- Hit & Get, Terminator ◆ Doubles-Rules of play ◆ Doubles Game play- 1 paddle var./ - regulation 	Day 5: <ul style="list-style-type: none"> ◆ Attendance ◆ Days Objectives ◆ Fitness components/warm-up ◆ Skill practice ◆ Tournament Game cont. ◆ Make up test/assessments
Day 2: <ul style="list-style-type: none"> ◆ Attendance ◆ Days objectives- Continue Singles ◆ Review- Forehand, Backhand, Serving. ◆ Fitness components/warm-up ◆ New skills- Loop, Chop ◆ Self-assessment of skill ◆ Skill practice ◆ Singles Games- King of the Court 	Day 4: <ul style="list-style-type: none"> ◆ Attendance ◆ Test ◆ Days Objectives ◆ Fitness components/warm-up ◆ Skill practice ◆ Skill Assessment ◆ Tournament Game- Team Sport Model or Round Robin 	Assessment: <ul style="list-style-type: none"> ◆ Self-Assessment ◆ Peer-Assessment ◆ Teacher-Assessment: Formal and informal

