

# Physical Education Unit, The Chinese University of Hong Kong

## Intermediate Table Tennis (Elective) Course Content

Week No.	1 <sup>st</sup> Period	2 <sup>nd</sup> Period
<b>1</b>	1. Course requirements 2. Briefing on course contents and exam. items 3. Introduction to general knowledge and terminology in table tennis	1. Specific warm-ups for table tennis 2. Holding a racquet ( Penhold Grip and Shakehand Grip ) 3. Introduction and practice of forehand topspin
<b>2</b>	1. Forehand topspin (Penholder / Shakehand ) • practice forehand topspin: crosscourt • practice forehand topspin: down-the-line (stride step is introduced)	1. Forehand topspin (Penholder / Shakehand ) • practice forehand topspin: from a single dropping point at right half table / left the half table • practice forehand topspin: from two dropping points at right half table / left half table by turns (side step is introduced)
<b>3</b>	1. Backhand drive •backhand push and block (for penholder) •backhand drive (for shakehand)	1. Backhand slice • practice backhand slice: crosscourt • practice backhand slice: down-the-line
<b>4</b>	1. Forehand drive alternated with a backhand drive 2. Backhand drive alternated with inside-out forehand and wide forehand. (cross step is introduced)	1. Forehand topspin alternated with the backhand drive I •Forehand topspin alternated with backhand drive (Footwork: side step) NB.: feed balls to left half table
<b>5</b>	1. Forehand topspin alternated with backhand drive II •Forehand topspin alternated with the backhand drive to left / right half table (Footwork: side step) •Forehand topspin alternated with the backhand drive to left / right 1/3 table (Footwork: side step)	1. Backhand slice and forehand topspin 2. Conditional games
<b>6</b>	1. Backhand drive (no spin) with inside-out forehand topspin. 2. Conditional games	1. Forehand serve (backspin) 2. Return of serve (backspin slice) 3. Introduction to doubles (rules)
<b>7</b>	1. Backhand serve (backspin) 2. Return of serve (Backhand slice) 3. Simplified games	1. Forehand short serve (backspin): down-the-line 2. Forehand serve (backspin): crosscourt 3. Rally shots with a backhand slice
<b>8</b>	1. Backhand slice (short) and forehand topspin 2. Conditional games	1. Forehand serve (left side spin): crosscourt 2. Return of serve (with backhand push and block) 3. Conditional games
<b>9</b>	1. Serve and attack Forehand serve (left side spin) crosscourt, and forehand drive. 2. Conditional games	1. Serve and attack Forehand serve (left side spin) crosscourt, and forehand topspin 2. Conditional games

<b>10</b>	1. Return of serve and attack Backhand drive, and inside-out forehand drive. (Footwork: cross-step or side step) 2. Conditional games	1. Return of serve and attack Backhand drive, and inside-out forehand topspin (Footwork: cross-step or side step) 2. Conditional games
<b>11</b>	1. Revision of exam. items 2. Competition	1. Revision of exam. items 2. Competition
<b>12</b>	Skill Exam.	Skill Exam.
<b>13</b>	Skill Exam.	Written Exam. and Course Evaluation