

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
- stretching
- calisthenics
- other aerobic activities

Assessment:

- Participation and effort