

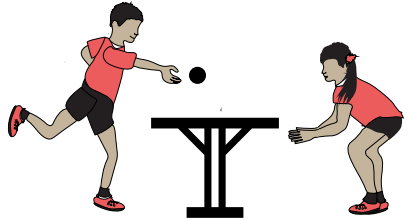
Dinning Room Table Tennis

Home Physical Education

Can you help your partner if they find it hard?

How to play:

- Use a table (outside or inside) and books or cups to create a net.
- Using a small ball or rolled piece of paper, can you hit the ball/piece of paper, using your hand over the net and land it on your opponents side.
- If you are using a ball, it can not bounce more than once, if you are using a piece of rolled up paper it is not allowed to bounce.
- The first player to score 10 points is the winner.



Can you identify spaces on your opponents side?

Top Tips

Strike the ball low to high

Use the palm of your hand and hit the ball from underneath, pushing it up over the net low to high.

Let's Reflect

Were you able to hit the ball with your hand after one bounce?

How did you feel when you kept the ball going in a rally?