#### **Unit Plan Table Tennis**

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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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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 Page 15/37

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games - tournaments - self-

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Plan – Table Tennis Activity One Let
your students know they will be
learning about four basic grips utilized
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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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This lesson plan will educate your
students about the fun and exciting
sport of table tennis. They will learn
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four major grips, practice drills, and finally participate in some actual competition.

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Table Of Contents Title Page 1 ... can utilize for the tennis unit. 4

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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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