

Physical Education Unit, The Chinese University of Hong Kong

Table Tennis (Required) Course Content

Week No.	1 st Period	2 nd Period
1	1. Course requirements 2. Briefing on the course contents and exam. items 3. Introduction to general knowledge in table tennis	1. Specific warm-ups for Table Tennis 2. Holding a racquet (Pen-hold Grip and Shakehand Grip) 3. Ball sense exercise 4. Introduction and practice of forehand drive
2	1. Forehand drills (Pen-holder / Shakehand) •crosscourt forehand drive •down-the-line forehand drive (stride step is introduced)	1. Forehand drills (Pen-holder / Shakehand) • practice with a single dropping point • practice with two dropping points (side step is introduced) • practice with various dropping points
3	1. Introduction to backhand drive •backhand push and block (for penholder) •backhand drive (for shakehand)	1. Revision of backhand drive •crosscourt backhand drive •down-the-line backhand drive
4	1. Forehand drive alternated with a backhand drive • practice with two dropping points (footwork is not introduced at this stage)	1. Introduction to the manipulation of ball machine • practice forehand or backhand drive with a ball machine
5	1. Forehand drive alternated with backhand drive • practice with a single dropping point at the left half-table (Footwork: side step)	1. Introduction to forehand serve (no spin) 2. Introduction to the return of serve (no spin) 3. Introduction to rules and scoring 4. Simplified games
6	1. Introduction to forehand left sidespin to serve (crosscourt) 2. Introduction to a return of serve (counter with forehand left sidespin)	1. Forehand left sidespin to serve (crosscourt) and forehand drive 2. Conditional games
7	1. Introduction to forehand backspin serve (crosscourt) 2. Introduction to backhand slice •return of serve	1. Introduction to forehand backspin serve (down-the-line) 2. Introduction to forehand slice •return of serve
8	1. Backhand drive and forehand attack from the backhand position (crosscourt) 2. Conditional games	1. Backhand drive and forehand attack from the backhand position (down-the-line) 2. Conditional games
9	1. Backhand drive and forehand attack from the backhand position, plus forehand drive (cross step is introduced) 2. Conditional games	1. Long crosscourt serve 2. Return of long crosscourt serve 3. Conditional games
10	1. Long down-the-line serve 2. Return of long down-the-line serve 3. Simplified games	1. Serve and attack 2. Revision of basic drives and footwork
11	1. Revision of exam. items 2. Competition	1. Revision of exam. items 2. Competition

12	Exam.	Exam.
13	Exam.	Exam. and course evaluation