



## Board/Authority Authorized Course Framework Template

<b>School District/Independent School Authority Name:</b> Chilliwack School District	<b>School District/Independent School Authority Number (e.g. SD43, Authority #432):</b> SD33
<b>Developed by:</b> Alex Chen	<b>Date Developed:</b> November 9, 2017
<b>School Name:</b> Chilliwack Secondary School	<b>Principal's Name:</b> Brian Fehlauer
<b>Superintendent Approval Date (for School Districts only):</b>	<b>Superintendent Signature (for School Districts only):</b>
<b>Board/Authority Approval Date:</b>	<b>Board/Authority Chair Signature:</b>
<b>Course Name:</b> Table Tennis Skills 10-12	<b>Grade Level of Course:</b> 10-12
<b>Number of Course Credits:</b> 4	<b>Number of Hours of Instruction:</b> 120

**Board/Authority Prerequisite(s)/Co-requisite(s):**

None

**Special Training, Facilities or Equipment Required:**

Access to school gym, weekly in the evening.  
6 table tennis tables, barriers, paddles and ball.  
Field trip arrangements.

**Course Synopsis:**

These series of courses are designed to take student from beginning to intermediate/advanced level of table tennis playing, developing skills while improving overall agility and fitness level.

This course covers rules/rating/umpiring, history/current trend, equipment/standards, stroke/form, footwork/agility, tactics/philosophy as well as running/managing many tournament types.

As an off-timetable course, student will be required to attend a number of after-school training sessions, inter/intramural/community tournaments, field trips to participate in sanctioned games, lessons/assignments in a Moodle course, as well as getting their skills evaluated during flex sessions. Community showcase will be arranged via community tourney as well as final assessment.

Keywords: Daily physical activity, agility and coordination.

**Goals and Rationale:**

The primary goal of Table Tennis Skills (10, 11, 12) is to give student opportunity to proper table tennis instruction/training and club level playing opportunities, which is not available as a community resource, while exposing student to the competitive world of table tennis. Besides table tennis skills, student will improve in their organizational skills in logging hours, prepare for assignments, organize/logging/umpire tournaments. This course also fosters interpersonal skills as students are paired up as with their training partners.

Some benefits the Table Tennis Skills Program offers include the following:

- Develop skills and knowledge of a table tennis as an Olympic sport
- Improve interpersonal skills with playing partner, community coach, and community adults via community events
- Field trip opportunity to participate in sanctioned games
- Improve organizational and self-reflection skills by self-documentation and preparing criteria based assessment.
- Foster good sportsmanship

Organizational Structure:

Unit #	Title	Time Hours
Unit 1	Evening Club drills and games (year-round log)	40 (20 sessions, 2 hours each)
Unit 2	Flex hour drills/games and skill-assessment (year-round log)	20 (20 sessions, 1 hour each)
Unit 3	Table tennis knowledge (via Moodle assignments): strokes, rules, footwork, world events, rating system, equipment, hours-log reporting, skill-assessment records	20 (40 lessons, 30 min each)
Unit 4	Arranged tournaments: Individually arranged tourneys, Community Tourney, Sanctioned game (field trip)	40 (Tourney and Field trip)

Total Hours: 120

#### Unit/Topic/Module Descriptions:

##### Unit 1: Evening Club drills and games (year-round log)

Student will participate in weekly club practice (in the evenings) and drill, getting exposure of many different playing styles and instructions from local experienced player and coaches. Student logs their attendance by getting initial from staff/coach.

##### Unit 2: Flex hour drills/games and skill-assessment (year-round log)

Student signup and show up for 1 hour flex sessions (during school hour) for course update, instruction, and skill evaluation. Student logs their attendance by getting initial from staff/coach.

##### Unit 3: Table tennis knowledge (via Moodle assignments):

Student learn about strokes, rules, footwork, world events, rating system, equipment via Moodle lessons. Student complete reading and submit assignment for grading on their own time/device. Student also submit electronically their hours-log reporting, and keep track on their up-to-date skill-assessment records.

##### Unit 4: Arranged tournaments

Student may arrange tourney at lunch (in school), or outside school time with community members. Student will provide prove of tourney in form of picture and result log, with initial of all parties. School arranged community tourney and field trip to sanctioned games will serve the same purpose.

#### **Aboriginal Worldviews and Perspectives:**

Student will learn about similar games in the aboriginal community, as well as aboriginal footwork training that will help them with the game.

### BIG IDEAS

Good sportsmanship fosters good relationship through mutual respect

Competitive sporting event requires rigorous and systematic training, with right mental psyche

Event planning engages teamwork, responsibility, and community spirit.

Teach is the best way to learn, helping others mastering their skill help oneself to achieve perfection.

### Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to do the following:</i></p> <p><b>Skill and proficiency</b></p> <ul style="list-style-type: none"> <li>• Develop proper footwork to move their body in a coordinate and efficient manner, with good timing to perform a stroke</li> <li>• Improve in quality and accuracy of various strokes</li> <li>• Devising strategy in a particular game through observation</li> </ul> <p><b>Consistent training and self-regulating</b></p> <ul style="list-style-type: none"> <li>• Develop a training routine that for circumstances and equipment availability</li> <li>• Use good warmup routine to prevent injury and prepare mindset for serious game play</li> <li>• Complete a set of lessons and assignment on Moodle, in a timely fashion</li> </ul> <p><b>Planning and organization</b></p> <ul style="list-style-type: none"> <li>• Organize many tourney type: single/double elimination, round-robin. To direct umpire and players for smooth transition between matches.</li> <li>• Register players for tourney, and broadcast game result, with and without software.</li> <li>• Properly maintain table tennis equipment.</li> </ul> <p><b>Teach and mastery</b></p> <ul style="list-style-type: none"> <li>• Self-reflect on his/her skill level against a rubric.</li> <li>• Demonstrate to others and help other to evaluate against a rubric.</li> </ul>	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> <li>• Up-to-date rule and regulation of table tennis</li> <li>• Rating system in table tennis</li> <li>• Different equipment for proper skill level</li> <li>• Service flow of single and double’s game</li> <li>• Various footwork and training routine</li> <li>• Various stroke and training routine</li> <li>• Various service and receive strategies</li> <li>• Decipher spin and able to counter the spin</li> <li>• Table Tennis etiquette</li> <li>• Mechanics and timing of proper stroke</li> <li>• Different ways to improve agility and hand-eye coordination</li> <li>• Different drills to improve physical strength and flexibility</li> <li>• Determine and handle conflict circumstances</li> <li>• Different expectations for different skill level</li> <li>• Sharing learning strategies helps oneself to be better</li> <li>• Name of various muscle group and body part in regard to properly explain different stages of a stroke</li> <li>• Research on topics of interest in order to improve beyond the spec of the course.</li> </ul>

**Recommended Instructional Components:**

**Recommended Assessment Components:** Ensure alignment with the [Principles of Quality Assessment](#)

**Learning Resources:**

- Table Tennis: Steps to Success (Steps to Success Sports Series) by Richard McAfee
- ITTF (International Table Tennis Federation) youtube channel
- PingSkills youtube channel
- Table tennis Moodle course (developed by Alex Chen)
- Games of Survival - Traditional Inuit Games for Elementary Students by Issaluk, Johnny