



PE Virtual Learning

# Ping Pong

May 21st, 2020



6th Grade PE  
Lesson: May 21, 2020

**Objective/Learning Target:**

Focus on the techniques of ping pong.

**NAPSE:**

Demonstrates the mature form of the forehand and backhand strokes with a short-handled implement in net games such as paddle ball, pickleball or short handled racket tennis. (S1.M14.6)



## Essential Question:

What are the techniques and rules of ping pong?



## Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
  - a. 10 Second Break
2. Sit-ups x 15
  - a. 10 Second Break
3. Air Squats x 15
  - a. 10 Second Break
4. Jog around your house 2 times.



## Practice:

Watch this video on the rules of ping pong.

Video: [Rules of Ping Pong](#)

As you watch it write down three rules you didn't know or three things you found interesting.

Watch this video on the techniques of ping pong.

Video: [Ping Pong Techniques](#)



## Practice:

You will be practicing playing ping pong. You can use any table in your house and if you don't have a ping pong paddle or ball then you can use anything that has a hard, flat surface. If you don't have a ping pong ball you can find a piece of styrofoam and mold it into a ball.

Once you have the equipment you will play with the rules you learned from the video. Try to keep score with your partner, if you don't have a partner practice hitting it against the wall to yourself and returning.



## Self Assessment:

How well were you able to hit the ball?

Were you able to serve the ball well?

What did you struggle with and what did you do well with?