

Reepham High School and College PE Can Do table tennis ladder

	AO1 Recall, select and communicate knowledge and understanding of table tennis.	AO2 Apply skills, knowledge and understanding in table tennis.	AO3 Analyse and evaluate performances and identify actions for improvement in table tennis.
	Isolated skills: <ul style="list-style-type: none"> • Grips and their uses. • Push shots: backhand push; forehand push. • Top spin drives: backhand drive; forehand drive. • Services: short and long; forehand and backhand. • Return of service: <ul style="list-style-type: none"> - from a short serve - from a long serve - forehand and backhand. • Movement: between backhand and forehand strokes. • Loop: forehand loop; backhand loop. • The block. 	Techniques and decision making under pressure during practices and competitive situations: <ul style="list-style-type: none"> • Effects of spin (topspin and backspin). • Against an attacking player; against a defending player. • Positioning in attack and defence. • Variation. • Anticipation. • Deception. • Tactics in doubles – serving and receiving. 	
9	Extensive knowledge and understanding of table tennis.	Application of an extensive range of skills and techniques with great refinement, precision, control and fluency.	Excellent ability to critically analyse and evaluate your own and others' performances.
8	Comprehensive understanding of the principles of safe exercise and its impact on health and performance.	Demonstration of a vast range of solutions to challenges and an excellent ability to make decisions.	Excellent ability to identify priorities for improvement and plan progressive practices. 10
7+	Detailed knowledge and understanding of table tennis.	Application of a wide range of skills and techniques with refinement, precision, control and fluency.	Detailed ability to critically analyse and evaluate your own and others' performances.
7-	Thorough understanding of the principles of safe exercise and its impact on health and performance.	Demonstration of a wide range of solutions to challenges and an ability to make successful decisions.	Detailed ability to identify priorities for improvement and plan fairly progressive practices. 9
6	Good knowledge and understanding of table tennis.	Application of a good variety of skills and techniques with refinement, precision, control and fluency.	Good ability to critically analyse and evaluate your own and others' performances.
5	Good understanding of the principles of safe exercise and its impact on health and performance.	Demonstration of a good variety of solutions to challenges and a good ability to make decisions.	Good ability to identify priorities for improvement and plan practices. 8
4+	Sound knowledge and understanding of table tennis.	Application of a sound range of skills and techniques with precision, Control and fluency.	Sound ability to analyse and evaluate your own and others' performances.
4-	Sound understanding of the principles of safe exercise and its impact on health and performance.	Demonstration of a sound range of solutions to challenges and an ability to make sound decisions.	Sound ability to identify priorities for improvement and plan practices. 7
3+	Some knowledge and understanding of table tennis.	Application of some skills and techniques with some control.	Some ability to analyse and evaluate your own and others' performances.
3-	Some understanding of the principles of safe exercise and its impact on health and performance.	Demonstration of some solutions to challenges and an ability to make a few decisions but these are not always successful.	Some ability to identify priorities for improvement and plan practices. 6

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2+ 2-	Can remember and communicate some knowledge and understanding of table tennis and of the principles of safe exercise and its impact on health and performance.	Application of a small range of skills. Demonstration of a small range of solutions to challenges and an ability to make decisions but these are not always successful.	Can provide a good assessment of your own and others' performances. Can identify some strengths and weaknesses and offer practices to help improve.	5
1+ 1	Can communicate only the important things about table tennis and of the principles of safe exercise and its impact on health and performance.	Application of a very small range of skills. Demonstration of a very small range of solutions to challenges and an ability to make decisions but these are mainly unsuccessful.	Can provide a basic assessment of your own and others' performances. Can identify some strengths and weaknesses and offer practices to help improve.	4
1 1-	Can communicate only the very basic things about table tennis and of the principles of safe exercise.	Demonstrate a very small amount of control and skills.	Can make limited comments about your own and others' performances. Can sometimes suggest some ways to improve performance.	3
H+ H H-	<ul style="list-style-type: none"> • I can warm-up fairly effectively for a PE lesson. • I understand how to very perform basic skills in table tennis. • I can spot if a basic skill is performed incorrectly and suggest one way to improve. • I understand basic tactics and I'm beginning to apply them. 			
I+ I I-	<ul style="list-style-type: none"> • I can travel in a variety of ways often alternating speed and direction with a table tennis bat in my hand. • I can use more than one sentence to describe the performance I have just seen. • I know how to stretch different parts of my body. • I understand very basic tactics but don't always apply them. 			
J+ J J-	<ul style="list-style-type: none"> • I can travel in a variety of ways often altering speed with a table tennis bat in my hand. • I use simple sentences to explain why I like or dislike a performance. • I can recognise one or two immediate signs of exercise. 			
K+ K K-	<ul style="list-style-type: none"> • I use simple sentences to explain why I liked a performance. • I can recognise one immediate sign of exercise. 			
L+ L L-	<ul style="list-style-type: none"> • I enjoy watching other people perform but I find it very difficult to explain why I have enjoyed it. • I am beginning to link simple skills together although this often goes wrong. • I can slowly get changed into my PE kit. 			
M+ M M-	<ul style="list-style-type: none"> • I have limited hand-eye/foot-eye co-ordination and basic skills take me many attempts to perform. • I often need support. • With support I can get changed into my PE kit. 			