

ASD Academic Plan

Physical Education: Table Tennis

Grade Level: 9-12 grade	Course Description: The purpose of this course is to introduce students to basic skills and knowledge associated with the game of table tennis. By applying these principles through active participation, students develop the necessary skills and knowledge to pursue the game of table tennis as a lifetime activity. The course will provide students the opportunity to increase their individual level of physical fitness, acquire knowledge of all fitness components and demonstrate an understanding of how a wellness lifestyle affects one's health, fitness and physical performance. Students will have the opportunity to practice positive personal and social skills.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Understand basic Table Tennis rules, terminology, safety concerns, and scoring procedures.	Use a variety of stroke placements to keep opponent moving during a table tennis match.
Demonstrate proper court etiquette and good sportsmanship.	Demonstrates the ability to perform several offensive and defensive strategies.
Demonstrate basic skills associated with table tennis including forehand, backhand, spins, grips & serves.	Demonstrates the ability to explain appropriate tactical decisions in a game of table tennis.
Willingly participates in Table Tennis as a component of an active lifestyle	Demonstrate an understanding of community resources and opportunities related to racquet sports.
Assess current personal fitness levels.	Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition and stress management.
	Assess current personal fitness levels.
	Identify the major muscle groups and their application to table tennis.
	Improve personal fitness through participation in aerobic, muscular strength, muscular endurance, and flexibility activities.
	Have a basic understanding of nutritional practices as related to health and physical performance.