

Recreation & Leisure
Lesson Plan—Emerging, Developing, Mastery
Ping Pong

Instructional Area: Leisure Community Home Living / Daily Living
Ability Level: Emerging Developing Mastery

Topic / Skill Outcome:

- Ping Pong

Learning Area(s):

- Literacy
- Communication
- Math and Science
- Personal Resource Management
- Physical Education / Recreation & Leisure
- Vocational
- Social Studies

Purpose of Lesson / Objective:

- Increase active participation in indoor recreation activities and become familiar with basic concepts of playing ping-pong

Materials / Equipment / Environment:

- Ping-pong table or modified version of a Ping-Pong table
- 2-4 ping-pong paddles
- Ping-pong ball(s)
- Environment should be free of other floor objects in order to eliminate injury

Group Size: 2-4 **Time Required:** 15-30 minutes (flexible)

Lesson Procedure:

1. After all students and staff are gathered around the ping-pong table
2. Instructor reviews and—models basic ping-pong procedures such as:
 - How to grip the paddle
 - Forehand
 - Backhand swing
 - Striking a ball
3. Next the instructor divides the group on both ends of the table and begins practicing—with gripping paddle, striking ball and forward swing.
4. Once basic concepts are mastered, further instruction—may occur depending on ability
5. Begin with contest as described in related activities for maximum—participation

Carry Over / Related Activities:

- Use of solid wall to strike ball against
- Use of a target to strike ball toward
- Use of large container to strike ball into
- Use of these supporting activities may initiate a contest to see who hits the target the most

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Supporting Activities / Possible Adaptations:

- Use of a tee to hold stationary ball for easier strike with paddle
- Use of a softer or bigger ball
- String around paddle grip, place student's hand on grip and staff pull back on string to allow student to strike ball— more independently

Strategies for Participation:

- Partners

Student Reaction / Evaluation:

- Number of forehand hits
- Number of backhand hits
- Number of how many volleys back and forth
- Amount of time participating
- “Play of the Day”- Student shares a positive comment about the activity or peer

Lesson Support:

Counting, Scoring, Team work (if pairing individuals), Sportsmanship, hand eye coordination, lifetime— fitness, following rules and instruction, setting goals –

Most students enjoy the concept of the contest because of the immediate feedback received.