



# COMMONWEALTH GAMES CHALLENGE

## WEEK 15 – TABLE TENNIS

An effective challenge played without tables with players practising forehands.

Organise the class into pairs.

- Players stand facing each other approximately 1m apart.
- Player 1 stands in ready position with bat.
- Player 2 throws ball underarm to player 1.
- Player 1 strikes ball with the bat so player 2 can catch it.

Games

- Number of successful catches in 30 seconds.
- Most hits and catches without a mistake.

Variations

- After practising forehand
- use backhand
- alternate forehand and backhand.

