



## Demonstrator # 2

# Introduction to Table Tennis

### Activity title:

Introduction to Table Tennis

### Subject:

Sports Training (informal)

### Student age: 8 years to 16 years

10 years to 15 years (Beginners Table Tennis Class)

### Estimated duration:

60 minutes: 15 min introduction, 5 min discussion of rules of table tennis, 10 min discussion on how SensVest works, 20 min practical, 10 min summary

### Learning content

The aim of this activity is to devise a method of teaching novice table tennis trainees (i.e., with no prior knowledge in table tennis) about the rules of the game (how to serve and gain points), equipment and the various tactics on holding the table tennis paddle and manipulate the ball. With the use of the KLiC SensVest technology the trainee(s) will understand their posture and body acceleration, while with the arm accelerometer the trainee(s) will have a grasp of his handling of the paddle and manipulation of the table tennis ball.

### Learning objectives

At the end of the activity the trainees should be able:

- To have a good basic understanding of the sport of fencing;
- To know the rules of table tennis, how to serve and score points, and the difference between singles and doubles games;
- To learn the basics of the grip (shakehands and penhold approaches);
- To practice the basics of the best posture and the various types of attacking shots and defensive shots.
- To reflect on own strengths and weaknesses about grip, posture and ball shots.

### Inquiry-based character (if applicable)

The inquiry-based aim of the practical activity and the reflection session following it is to make trainees to understand the following misconceptions:

1. incorrect posture;
2. Incorrect grip of the paddle;
3. orientation of stance;
4. suitable shots according to the situation.

### Applied technology (if any)

The goal of the SensVest and the arm/leg accelerometers is to capture the data from the trainee wearing the vest and comparing their data to that of an expert in the field for grip, posture and shot approach. With the comparison it should be easily ascertained how to improve the performance of the trainee.

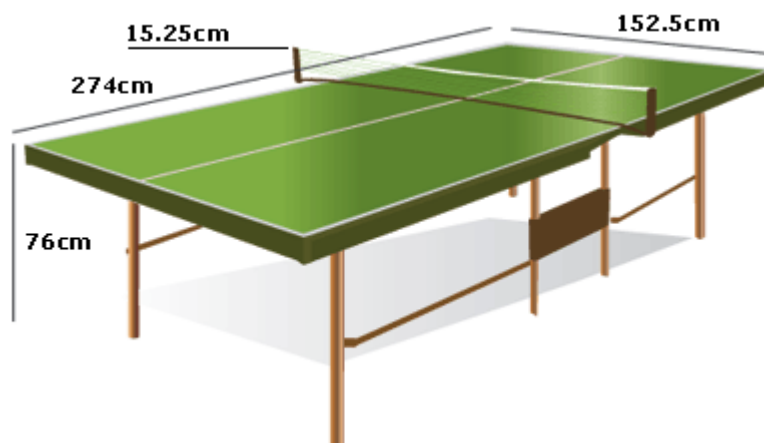
### Materials needed

KLiC arm/leg accelerometer mounted onto the trainee, KLiC base station, KLiC software on a compatible computer, table, ball, paddle and table tennis wear.

### Description of Activities

Note: all Images reproduced from  
[http://news.bbc.co.uk/sport1/hi/other\\_sports/table\\_tennis/](http://news.bbc.co.uk/sport1/hi/other_sports/table_tennis/)

- 15 min - Start of the class the student(s) will be presented with the SensVest
- 5 min - A brief discussion on the equipment (table), the rules of the game, and types of games (single or double).



- 10 min - A quick explanation on how the SensVest collects the data from the wearer and then transmits it to the workstation. From there it can be briefly explained how the data can be reviewed for table tennis

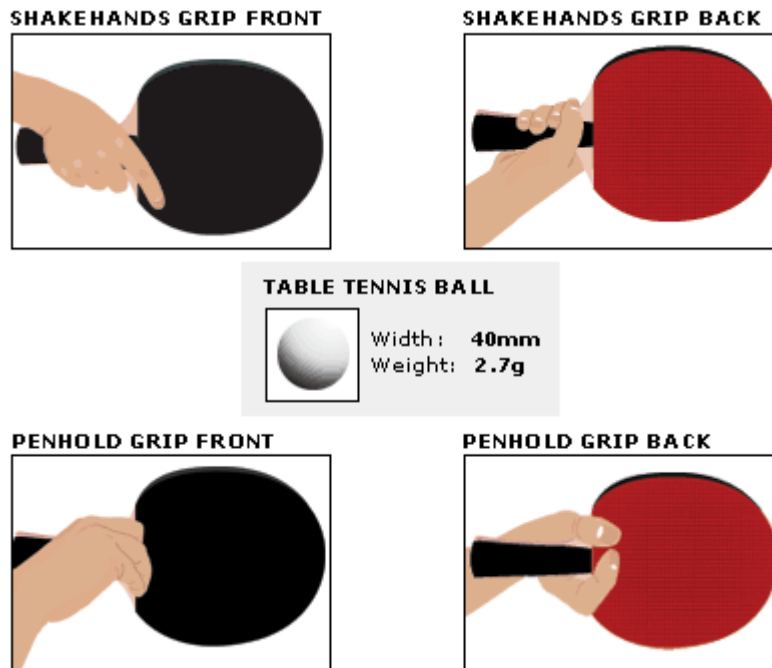
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20 min - Practical exercise table tennis with the basics about the racket (paddle), its different styles of grip, posture and shots. There are two main ways to hold a table tennis racket: the shakehands grip - generally favoured by Western players and is so named because the player holds the racket as if ready to perform a handshake and the penhold grip - popular among players from Asia, is so named because the player holds the racket as they would a pen.

10 min - Summary going over the topics of the session and discussion on the comprehension of what has been understood.



Assessment (if applicable)

Use of KLiC data to assess grip, posture and shots.