

	Project Title
Objective	The lesson will be explaining how to successfully perform the forehand and under spin serve in Table Tennis.
Learning Environment	The student will be in a large enough space to play Table Tennis. The students will be provided a paddle, a ball, and table.
Types of Students	This lesson is intended for college students with little prior knowledge of the game of Table Tennis.
Standards	Include a list of the Indiana State Standards that this project meets. Example: Phys. Ed. Standards 1-6
Materials	Paddle, ball, table, and the will to learn.
Procedures	<p><u>Step 1. Intro</u> -have students situated around myself while I explain the lesson.</p> <p><u>Step 2. Introduce paddles and balls to the students.</u> -have them bounce the ball on the paddle to become familiar with the bounce. -once familiar, have them practice hitting the ball over the net to one another without the ball falling off the table and bouncing on a side twice.</p> <p><u>Step 3. Begin explaining technique of forehand serve.</u> -hold the paddle to the side of yourself about the height of your waist. - using a sweeping motion, hold the paddle facing upright, contact the ball equal with the height of the table making sure you contact your side of the table first. -once mastered, the student will begin doing this after he or she tosses the ball 6in. in the air from his or her palm. -after acquiring this skill the student is now ready to place the serve. -have small spots on table to mark target zones for the student to try to hit. -have students start this drill until I decide that they should progress.</p> <p><u>Step 4 the under spin serve.</u> -The student will begin by tossing the ball in the air 6in. -after a good feel once again, I will begin teaching the under spin technique. -The paddle is also held at ones side equal with the waist. -the paddle is held completely flat. -using a cutting motion, the student should sweep under the ball while still hitting ones side and creating enough bounce to travel over the net on their opponents side. -once this skill is learned, I will again place spots in which the students will try to target on the serve. -Once this skill is mastered I will call them into a semi circle</p> <p><u>Step 5 conclusion</u> -briefly explain the skill cues worked on and talk about the skills learned.</p>
Application	The students should be able to perform the serves 90% of the time and then a skills test will be given to determine if the students have learned these skills.

Evaluation

Describe, in detail, how the student's project will be graded. Be specific!
Break it down to the point system and the total points available.