

INCLUSION LEVEL 1/2 CARDS

PART OF THE
Sainsbury's
SCHOOL
GAMES

INCLUSIVE TEAM TABLE TENNIS CHALLENGE

QUICK INTRODUCTION

Inclusive Singles and Doubles competition enables SEND and non-SEND players to play competitive Table Tennis together.

GETTING STARTED

Who the competition is aimed at?

- Inclusive team table tennis challenge is aimed at mixed ability boys, girls, SEND and non-SEND pupils who cannot easily access mainstream table tennis competition.
- The competition is aimed at groups and can be used from Key Stage 2 pupils upwards.
- Players compete in teams of two, which should include a mixture of SEND and non-SEND players.
- Teams of similar ability should compete against each other. To establish this, run a series of skills activities as part of a warm up and then group players into teams of similar table tennis ability.
- Standing and seated players can compete in the same team.

If more than two teams are playing consider running a round robin tournament or a league competition.

EQUIPMENT

- One or more tables, net and post sets, bats and balls.
- Optional: scoring machines, cards, barriers or surrounds.

RULES OF THE COMPETITION

- A competition consists of four singles and one doubles match - each best of 3 games.
- Every player from within each team plays one another at singles and then each pair plays each other in doubles.
- Each match is scored by the first to 11 points.
- Each player strikes the ball after it has bounced once on their side of the table, to clear the net and land on the opponent's side.
- A point is won or lost when a player misses the ball, the ball bounces twice, the ball does not land on the table or does not clear the net.

CHECK OUT
OUR FILMS



INCLUSIVE TEAM TABLE TENNIS CHALLENGE



RULES CONTINUED

- Toss a coin to decide who serves first, or to start play at either end of the table. The player serving first in a game receives first in the next game.
- In service the ball bounces on the server's side first.
- Players can drop serve to start each point.
- Players can serve twice if the first serve hits the net or misses the table.
- Players have to win a match by two clear points.

In doubles

- Decide which pair will serve first.
- Each player in each pair serves once.
- The player on the right-hand-side serves first.
- The player on the left-hand-side serves second.
- Service then switches to the other pair.
- Repeat the same service order as above.
- Players should serve diagonally.
- Players can drop the ball to serve and serve twice if the first serve hits the net, misses the table or isn't served diagonally.

SAFETY

- Ensure playing surfaces and equipment is safe to use.
- Equipment should be set up by an appropriate adult or leader.
- Ensure pupils have sufficient space in which to practice and play.
- Pupils should be comfortable in their clothing and footwear, which must be suitable for the activity.
- The roll bar on the table tennis table should be a minimum of 40cms back from the end of the table, for wheelchair access.

THINK TACTICS

- Try to place the ball away from your opponent.
- Move your opponent around using shots of different length and direction.
- Take time with your serve and spin the ball to outwit your opponent.

OFFICIATING

- Call the score out clearly so players can hear.
- Use an umpires table and scoreboard to help keep the score.
- Use a match sheet to record the match score.

THINK INCLUSIVELY

Space

- Use two rectangular dining tables placed together with a net to reduce the table size.

Task

- Change the number of points in each game (e.g. from 11 to 7 points).
- Adjust the number of matches in each competition (e.g. from 3 to 1).
- In doubles allow players to serve anywhere into their opponent's court, rather than diagonally.

Equipment

- Players can play from a sitting or standing position.
- Provide players with hand grips or strapping to help hold the bat.
- Visually impaired players can play using a larger orange ball. Ensure lighting and players clothing enhance vision and colour contrast.
- Use junior bats with smaller handles and larger/different coloured balls.

People

- Allow teams to use substitutions.

SPIRIT OF THE GAMES STATEMENT WITH A FOCUS ON INCLUSION

Passion

Supporting team members - being prepared to share your enthusiasm with others who need encouragement.