

# Table Tennis

## Course Teacher Information:

Ms Akhtar has over 10 years teaching experience. She believes that each child is a unique individual who needs a secure, caring and stimulating atmosphere in which to grow and mature emotionally, intellectually, physically, and socially. During her time away from school, Ms Akhtar enjoys travelling and is a keen hiker, gym enthusiast, and has recently developed a passion for playing table tennis. Now, she is eager to open up the incredible Table Tennis world to our young children at BMH.

Basic Information Overview	
Year Group (s)	P1-P2
Teacher Source	Ms Akhtar, BMH Teacher
Number of lessons	1 per week; 17 sessions in Term 2
Language	English
Venue	Kapok Atrium
Class Time	Thursday, 3:45—4:45PM

## Course Overview

### Enrollment Criteria

Students who are interested in Table Tennis. It is an amazing sports form with incredible charm. Playing Table Tennis exercises our brain and benefits our eyes.

### Engage and Assess

In the first weeks of the course, teachers and students will get to know each other through games.

### Explore and Develop

In the middle weeks of the course, students will begin to learn and practice playing Table Tennis. Before each lesson we will do some warming-up exercises such as running, jumping and twisting.

### Refine and Present

In the final weeks of the course, after a certain amount of practice, students will be able to hit the ball several times with the bat and know basic rules of this sports form. They will also practice Doubles to train their cooperation skills.

### Parent Engagement Opportunity

Pictures and videos will be shared by Seesaw.

### Others

Water bottle and school sports kit with sports shoes are required on CCA day.

