

# Table Tennis



## Follow the steps below to get involved:

1. Familiarise yourself with the 2 challenges below.
2. Take some time to practice and improve before recording your scores.
3. Once you feel confident, record your score using the guidance below.
4. Click the link at the bottom of page 2 and complete the form to support and represent your school.



**Honesty** with others and with yourself. Having the courage to do the right thing and what you know is right.

For more information on this and other upcoming CSW virtual competitions go to:

[www.yourschoolgames.com/sgo/mk-north/](http://www.yourschoolgames.com/sgo/mk-north/)

## Challenge 1 – Keepy Ups

### Equipment –

- A tennis ball or small ball
- A table tennis paddle or bat, something double sided

**Make sure you have a suitable space and avoid windows for this challenge!**

Video support – <https://www.youtube.com/watch?v=ED4Mu-oKVtI>

- Use your bat to repeatedly hit the ball in the air, alternating each side of the bat.
- Each time the ball touches the floor you must start again.
- You have 3 attempts reach your highest score.
- Your highest score is submitted.

**MAKE SURE YOU ARE NOT TOO CLOSE TO ANY WINDOWS!**

### Recording your score -

You have 3 attempt to gain your highest score, after 3 attempts your best score is recorded.

## Challenge 2 – Target Practice

## Equipment –

- 6 Cups
- A ball
- A paddle/bat
- A flat surface (dining table, kitchen counter etc.)

**Make sure you have a suitable space and avoid windows for this challenge!**

**Video support -** <https://www.youtube.com/watch?v=fZLKv4Ke6Y4>

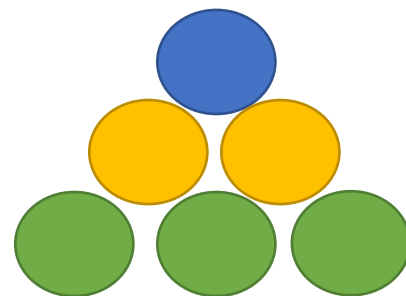
Place the 6 cups into a pyramid shape.

Using the bat you must try to hit the ball and bounce it into the cups to score points.

The front cup is worth 1 point

The middle cups are worth 2 points

The rear cups are worth 3 points



## Recording your score –

You have 60 seconds hit the target as many times as possible. Set up a timer, or ask someone to time you. During the 60 seconds, count how many points you score.

**SUBMIT YOUR  
SCORE**

Take your final scores from both challenges, and add them together to get your result.

**Keeps Ups + Target Practice = TOTAL SCORE**

Submit your **TOTAL SCORE** via the link –  
[Add link](#)

**Entries must be submitted by 1pm on  
Friday 3 July 2020**

**#STAYINWORKOUT  
#STAYHOMESTAYACTIVE  
FOLLOW. RETWEET. GET INVOLVED.**