



## **SPORTS ACTIVITY BOOK**

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**Volume 005**

**Sports Theme: Table Tennis**

**Date: Wednesday 29th April 2020**

**Next Volume date: 6<sup>th</sup> May 2020**

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### **Activity schedule:**

#### **Educational section:**

- 1) TT Wordsearch – How many words can you find in under 10 minutes?
- 2) Olympic-sized challenge – Learn which countries placed where through colouring
- 3) Maths challenge – Complete the challenges to help the TT coaches count their kit.

#### **Activity section:**

- 4) TT Exercises – Meet Tom Lodziak who will help you practise your skills at home.
- 5) Fun challenge – Create your own TT table and challenge your family to a game!
- 6) The Coaches cookbook – What can you make using these simple ingredients.

#### **Wellbeing Section:**

- 7) Reflection – what have you done to be proud of this week...
  - 8) How are you helping other people to feel good in this tough time?
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This weekly workbook is designed to provide some fun content for children and parents to stay active, keep learning and stay strong during these difficult circumstances. Hopefully its of value and your family enjoy taking part. Have fun everyone!

(Sports development Officer)

## Educational section:

### Activity 1 – Wordsearch puzzle

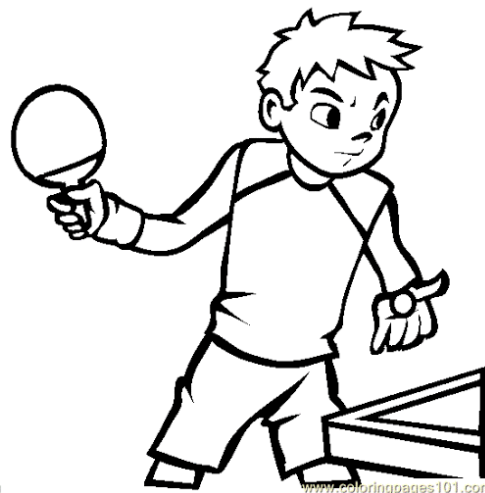
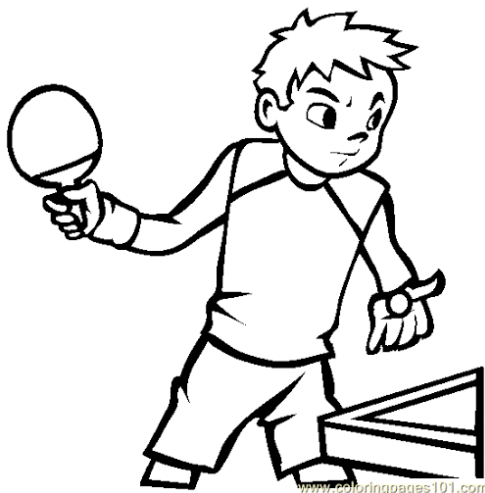
A D U L T E S T I B U P G P M  
T A B K L E V N E M B L N I Y  
B B Y F H I C R P N W E I N Z  
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C M S P B K Y N N H R D B C R  
U K O T D A I X E L E P V S U  
K N W V M O L J U N I O R S B  
G Q T C P K E L R S I C Y D B  
W H D L O S T F K T U Q U D E  
P U E R Y E U O O U T T U U R

### WORD BANK:

ADULT	BALL	BAT	COACHING	FITNESS
FORTHILL	INCLUSIVE	JUNIORS	MATCHES	NET
PING	PONG	PLEBEIANS	POINT	RUBBER
SCORE	SERVE	TABLE	TRAINING	UMPIRE

## Activity 2 – The Olympic sized TT challenge

Task: Colour the players strips based on the flags of the countries who took part in the 2016 Rio Olympics. Bonus task: find out where these countries place at Rio 2016.



## Activity 3 – Maths Challenge

Task: Solve the number challenges below to help the Plebeians table tennis players

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### Having a ball

- 1.1 – Plebeians Table tennis club are shopping for table tennis balls to allow them to deliver coaching. Balls cost 80p on the website, and they have a budget of £24. How many balls can they purchase?
- 1.2 – They find some old balls in the cupboard and sell balls in packs of 3 to members for practising at home with. They sell packs for 60p and make £5.40 profit. How many packs did they sell?
- 1.3 – After selling the packs above, they have 85 balls left. How many individual balls did they have BEFORE selling the packs?

Answer 1.1

Answer 1.2

Answer 1.3

### The day of the match

- 2.1 – For the big match, tables need equal spacing in the hall so that players have room to play. The room is 12 metres wide, and there are two tables to put up. How much distance will there be between each table and a) the wall on one side, and b) the other table if the tables are 1.5 metres wide?
- 2.2 – There are 5 players on each team, with both teams' players having 2 bats each. During the match, a total of 3 bats break. How many bats are there remaining at the end of the match?
- 2.3 – Player A and Player B finished a marathon match, with a total of 237 points being played. Player B won the match, winning 60% of the points. How many points did player B win? (to the nearest whole number).

Answer 2.1

Answer 2.2

Answer 2.3

## Activity section:

### Activity 4 – Meet Tom Lodziak (Cambridge-based player and coach)

**Bat and Ball skills –**

<https://www.youtube.com/watch?v=ag1on1mmCqM>

**Leg workout for adults and children –**

<https://www.youtube.com/watch?v=aqCIR6Xda4w>

### Activity 5 – Fun challenge

#### Challenge:

Can you make your own Table tennis arena at home? What creative ways can you make bats, balls and a net to play this super additive game? Use whatever you can to make it look awesome and then send in your effort to [ross@forthillcsc.co.uk](mailto:ross@forthillcsc.co.uk) who can share them on social media so you can impress our Plebeians TT coaches!

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### Activity 6 – The Coaches cookbook

At coaches HQ, we have been getting creative with our food items to make sure we are eating healthily while we are not on court. Each week I will post one recipe to help you create something super tasty to try at home!

**Recipe:** “Cosy” Omelette

**Ingredients:** Eggs, salt and pepper, butter, Sunflower or vegetable oil + fillings

**Method:**

- 1) Heat a teaspoon of oil + teaspoon of butter gently in a frying pan until the butter begins to foam
- 2) Beat 3 eggs and season with salt and pepper, then add to the pan. Make sure the mixture is evenly spread around the surface area of the pan.
- 3) Scrape a line down the middle of the mixture to create two halves, and then swirl the pan to help the runny egg mixture spread around the surface again.
- 4) Add ingredients of your choice! For a “cosy omelette”, we like chopped ham, mushroom and a little grated cheese”.
- 5) Fold the mixture in half, and then serve it up with some nice salad or with a little Tomato Ketchup for the “ultimate” cosy omelette.

## Activity 7 – Reflective practise

To improve at Table Tennis, or any sport in fact, we need to record our feelings and activity so we can look back and learn from them. It's very important to look back on our activities each day and record what we have done well. Whether a player or a coach, recognising our achievements can make us feel happy and confident, and so we challenge you to write down 7 things you've done well this week that makes you happy – one for each day of the week.

Day of the week	What made you proud this week?
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

## Activity 8 – Your good turn for the week

**Task:** In the next 7 days, tick off as many of these boxes as you can to help your parents out at home, showing them what an amazing tennis star you really are!

Tidy your bedroom     Clearing the dishes     Cooking a meal

Exercising once a day     Hoovering the floors

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**You've done it - well done for completing this week's workbook! Look out for next week's edition with more activities and more challenges to keep up the sports fun, and feel free to pass on to friends and family!**