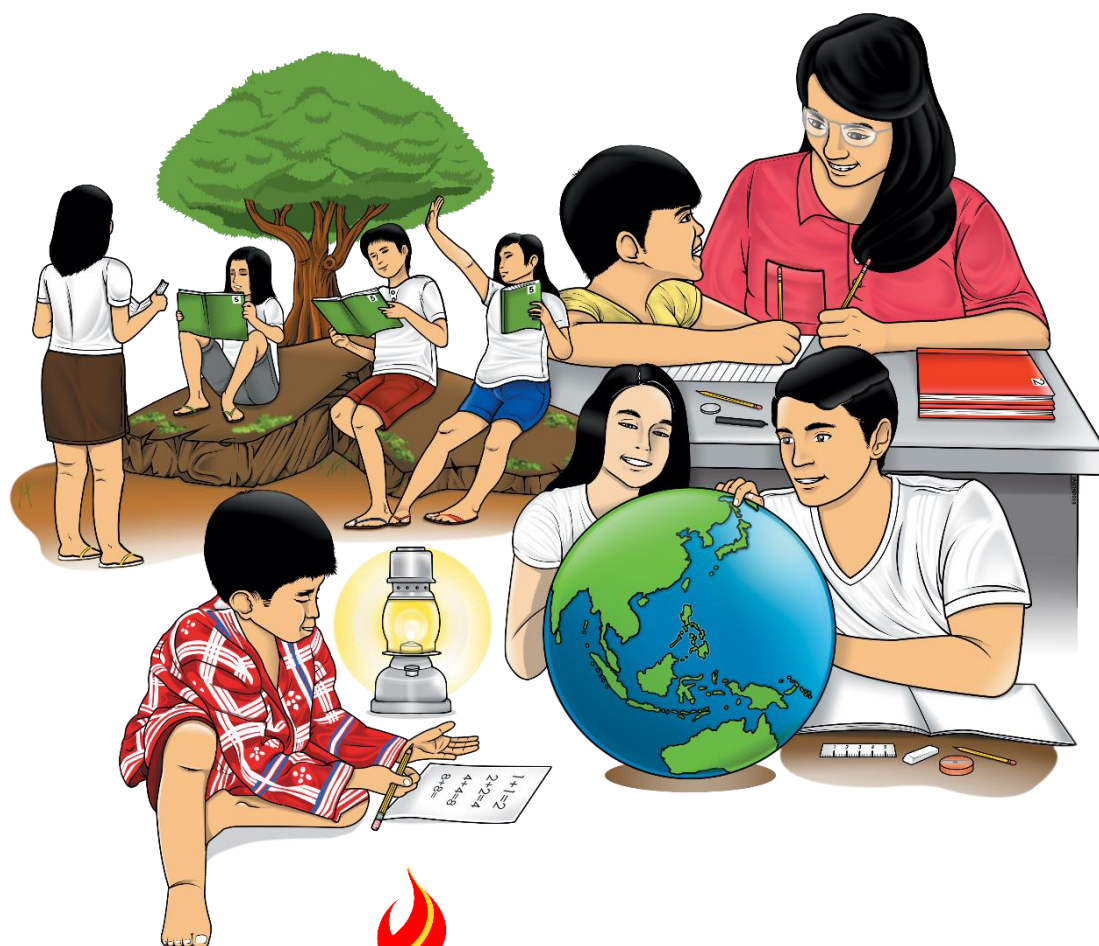


7

# Physical Education

## Quarter 2 – Module 2: Dual Sports



**Physical Education – Grade 7**  
**Alternative Delivery Mode**  
**Quarter 2 – Module 2: Dual Sports**  
**First Edition, 2020**

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# **Physical Education**

**Quarter 2 – Module 2:  
Dual Sports**

# **Introductory Message**

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

This module has been designed and written for you. It helps you understand the nature and background and the different basic skills involved in playing dual sports. The scope of it permits use of it in many different learning situations. The language used recognizes the diverse vocabulary levels of students like you. The lessons in it are arranged in a sequential order, but the order in which you read them can be changed to correspond with the textbook you are using.

This module is about:

- Lesson 1 --Nature and Background of Badminton
- Lesson 2 --Basic Skills in Badminton
- Lesson 3 -- Nature and Background of Table Tennis
- Lesson 4 – Basic Skills in Table Tennis

After going through this module, you are expected to:

- describe the nature and background of the dual sports (PE7GS-IId5), and
- execute the skills involved in the dual sports. (PE7GS-IIdh-28).



## ***What I Know***

### **PRETEST**

**Directions:** Read the statements carefully. On your answer sheet, write **TRUE** if the statement is correct and **FALSE** if it is incorrect.

1. Badminton is a net game played on a rectangular court where players volley shuttlecock over a net using a racket.
2. Play continues if a player touches the net with the body or the racquet.
3. Shuttlecock is a piece of equipment used in playing table tennis.
4. Just like badminton, it is also important to learn footwork in table tennis.
5. The height of the net for badminton is different for women and for men.
6. It is allowed to hit the shuttle twice in badminton.
7. In table tennis, you don't earn a point when the ball is not hit by the opponent.
8. In table tennis, a point will be added to your score when the ball strikes to the edge of the table, but the opponent fails to hit the ball back to your court.
9. Table tennis can be played by three persons in one game.
10. Table Tennis is a popular outdoor sport also known as ping-pong.
11. Only one hit per side is allowed during a play in both badminton and table tennis.
12. Receive is a stroke in table tennis as a response to a serve.
13. Badminton can be played in both singles and doubles.
14. You cannot use a table tennis ball in playing badminton as an alternative for shuttlecock.
15. The aim of playing badminton is to score points by landing the shuttlecock at the opponent's court.

**Lesson****1****Nature and Background  
of Badminton**

Cheering up to someone who is playing a sport is fun but having the knowledge of playing it is more enjoyable.

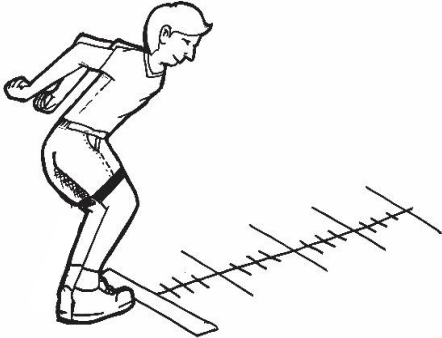
Dual sports are sports played by two players opposing each other. Let's take a look at some varieties of dual sports that you will learn from this module.




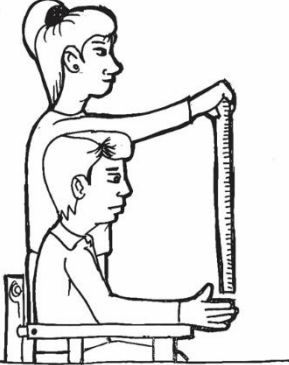
***What's In***

This phase of the lesson will help you recall the previous topic and will guide you in understanding the next lesson. Answer the activity below to check your knowledge.

**Activity 1: Just Recall It!**

**Directions:** Identify the different Skill – Related Physical Fitness Tests and the components they measure based the following illustrations. Write your answers in your activity notebook.

<b>Activity</b>	<b>Skill – Related Fitness Test</b>	<b>Skill – Related Fitness Component</b>
<p>1.</p> 		

<p>2.</p> 		
<p>3.</p> 		
<p>4.</p> 		
<p>5.</p> 		





## What's New

In this phase of activity, you will check your prior knowledge on the next topic which is about the nature and background as well as the execution of the skills involved in playing badminton and table tennis.

### Activity 1: Guess Me!

**Directions:** Give the missing letters in the spelling boxes to reveal the correct word pertaining to dual sports being described in each item. Write your answers in your activity notebook.

1. 

<b>C</b>					<b>r</b>
----------	--	--	--	--	----------

It is a shot in badminton usually done with the stroke above the head, the shuttle travelling up targeting the long service line.

2. 

	<b>m</b>			<b>s</b>	
--	----------	--	--	----------	--

It is a badminton shot which is considered as one of the most powerful attacks in badminton.

3. 

<b>P</b>					<b>a</b>
----------	--	--	--	--	----------

It is the initial name of badminton.

4. 

	<b>r</b>				<b>e</b>
--	----------	--	--	--	----------

It is a badminton stroke with the shuttle travelling straight or flat just over the net

5. 

<b>N</b>				<b>S</b>			<b>t</b>
----------	--	--	--	----------	--	--	----------

It refers to a badminton shot with the shuttle travelling just barely touching the net and landing near.

6. 

	<b>o</b>		<b>e</b>				<b>n</b>	<b>d</b>
--	----------	--	----------	--	--	--	----------	----------

It is also known as the handshake grip in badminton which positions the thumb and pointing fingers wrapped around the handle forming a letter V while the rest of the fingers are spread supporting the bottom part of the handle.

7. 

	r		p
--	---	--	---

It is a badminton shot which is usually a stroke above the head, the shuttle travelling up but dropping just near the net. It is usually done for placing purposes.

8. 

s		u		t			c			k
---	--	---	--	---	--	--	---	--	--	---

It is a badminton equipment that is hit back and forth by players using a racket. It is also called a “bird”.

9. 

	o	
--	---	--

It is a shot being done with the stroke below the head about waist-level and the shuttle travels up.

10. 

s			v	
---	--	--	---	--

It is a stroke that starts a rally.




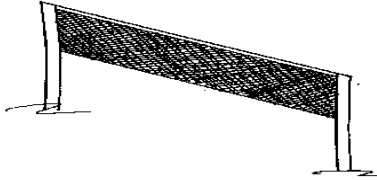

## ***What is It***

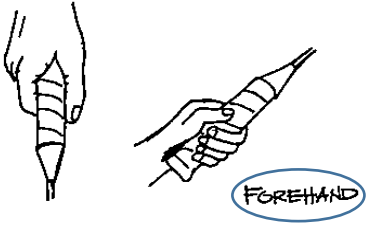
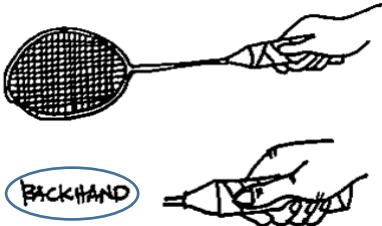
### **Nature and Background of Badminton**

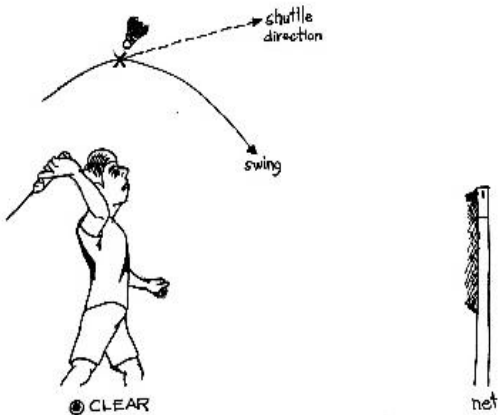
#### **Badminton**

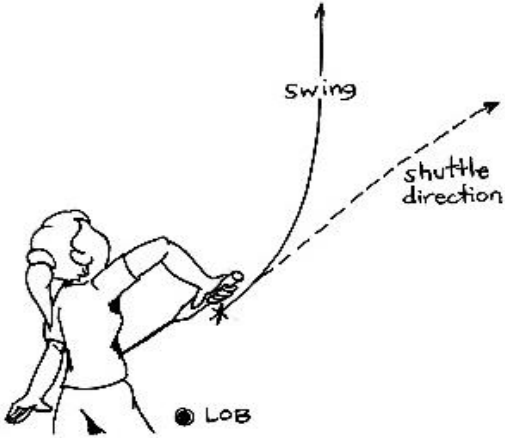
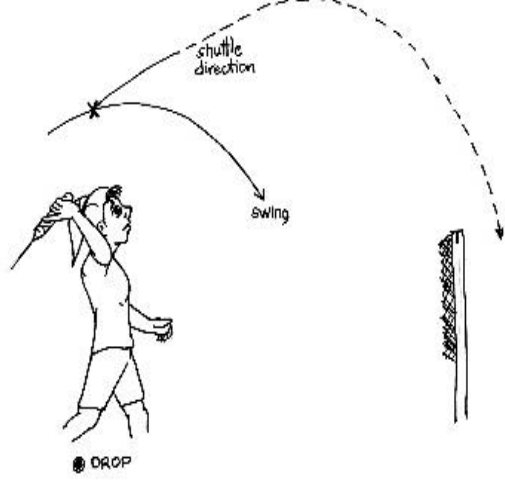
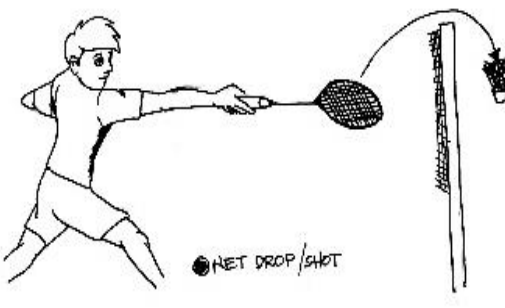

Badminton was believed to be originated from India with its initial name “poona” during the 17<sup>th</sup> century. It was played by the English Army officers stationed in India and later brought to England in 1870 by the Duke of Beaufort. It was introduced in a place called Badminton hence was called The Game of Badminton and became an Olympic sport in 1992.

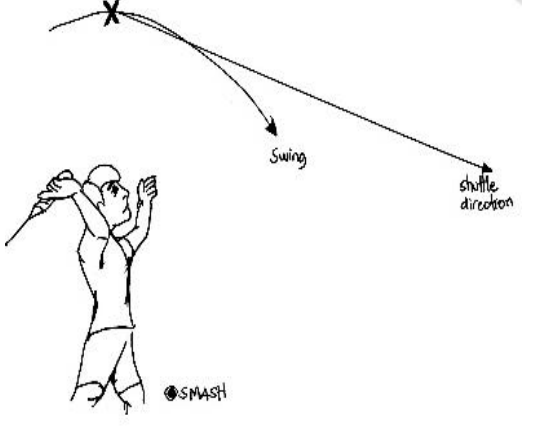
Today, badminton is governed by the rules of the Badminton World Federation (BWF). It is played in a net on a regular court where players volley the shuttlecock using a racket over the net. The objective of this game is to score by landing the shuttlecock on the court of the opponent. This can be played in singles, doubles, and mixed doubles. The badminton court used for singles is slightly narrower than the badminton court used for doubles.

Equipment Used in Badminton		
Badminton Racket	Badminton Court & Net	Shuttlecock
		

Badminton gripping techniques	
<p><b>The forehand or the handshake grip</b> positions the thumb and pointing fingers wrapped around the handle forming a letter V while the rest of the fingers are spread supporting the bottom part of the handle.</p>	
<p><b>The backhand grip</b>, on the other hand, is used to hit the shuttle at the non-dominant side of the body. From the forehand grip position, the fingers are moved slightly to place the thumb pressing flat on the flat side of the handle while the rest of the fingers are positioned together.</p>	

Basic Badminton Strokes or Hits		
	<p><b>Clear</b></p>	<p>Shot is done with the stroke above the head, the shuttle travelling up targeting the long service line. It is intended to give the player time to return to base position.</p>

	<p><b>Lob</b></p>	<p>Shot is done with the stroke below the head about waist-level, the shuttle travelling up.</p>
	<p><b>Drop</b></p>	<p>The shot is usually made with the stroke above the head, the shuttle travelling up but dropping just near the net. It is usually done for placing purposes.</p>
	<p><b>Net drop/shot</b></p>	<p>Shot is normally done with the stroke below the head, the shuttle travelling just barely touching the net and landing near. It is for placing purposes.</p>
	<p><b>Drive</b></p>	<p>Shot is made with the stroke about the level of the head, the shuttle travelling straight or flat over the net.</p>

	<p><b>Smash</b></p>	<p>Shot is done with the stroke above the head, the shuttle travelling down with power and speed. It is considered one of the most powerful attacks in badminton.</p>
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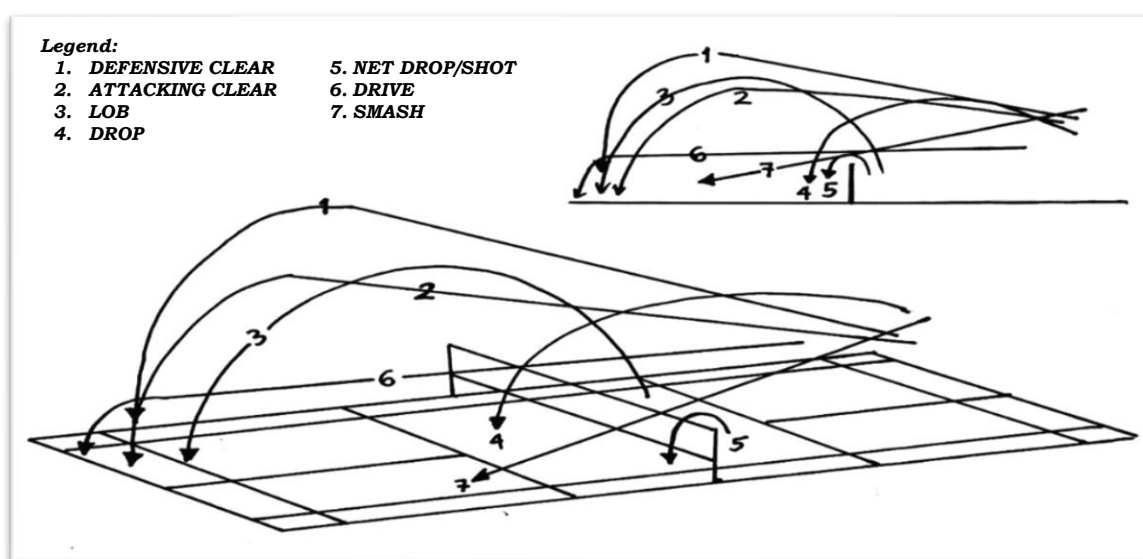


Figure 1: Drop of ball in badminton strokes or hits

## Serving

Serving is how you start the rally. Someone must hit the shuttle first! To prevent the server gaining an overwhelming advantage, there are special restrictions placed on serving that do not apply during the rest of the rally.

### How to serve

In badminton, the serve must be hit in an upwards direction, with an underarm hitting action. You are not allowed to play a tennis style serve.

The main rule here is that when you hit the shuttle, it must be below your waist. To be exact, the rules define this to be a height level with the lowest part of your ribcage. In other words, you can serve from a bit higher than the top of your shorts, but not much.

## **Kinds of Serves**

### **1. High and deep**

- Hold the head of the shuttlecock with its head facing downwards so that the shuttlecock will drop straight down.
- Stand sideways (the side of your body facing the net) and relax your racquet arm (arm that is holding the racquet).
- Let go of the shuttlecock and swing your racquet arm upwards. As you do this, twist your waist to the extent that your body faces the net. Flick your wrist towards the direction you want the shuttle to land (Flick your wrist upwards, so that the shuttlecock will fly high).
- Your back leg should lift naturally with your toes touching the ground.

### **2. Low and short**

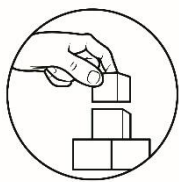
- Hold the feather of the shuttlecock with the head of the shuttlecock facing downwards.
- Position the racquet behind the shuttlecock.
- Step slightly forward with your right or left leg if you are right- handed or left- handed.
- As you let go of the shuttlecock, flick your racquet lightly while pushing your thumb forward towards the direction you want the shuttle to land. The power comes mainly from the push of your thumb and the slight flick of your wrist.

### **3. Drive or flick**

Quick snap of the wrist in the backhand grip with the racket held directly in front of the body. The shuttlecock travels in a direct line at the receiver.

## **Simple Safety Precautions**

1. Do some warm-up and stretching exercises.
2. Wear proper attire.
3. There should be enough space in the play area.
4. Do Cool Down activities.



## What's More

In this activity, you are going to execute and apply the skills that you have learned from this lesson. Are you ready? Remember, you must do simple stretching and warm-up activities before starting and cool down exercises should be done after the activity to prevent injury.

### Activity 1: Solo-Practice-Shot Drill

#### Equipment/Materials:

Pair of rubber shoes (*It is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of injury.*)  
Badminton racket  
Shuttlecock

**Directions:** To help you feel comfortable with a racket and to improve your hand-eye coordination, let's begin with the solo rally drill.

Grab your racket and practice volleying a shuttlecock, hitting it about three feet high in the air, for 30 seconds.

First, you do the drill with your palm facing up, then with your palm facing down, and finally alternating palm-up and palm-down with each hit. Count the number of successful hits; then, record it in your activity notebook.

#### Follow-up Activity:

**Directions:** In your activity notebook, write your answers to the following questions:

1. How many hits did you make? Were you able to complete 30 seconds without shuttle touching the floor? If not, why?

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2. How did the drill help improve your hand and eye coordination?

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### Activity 2: Pair-Rally Drill

The pair-rally drill will continue to help you build coordination and improve reaction time.

**Materials/Equipment:**

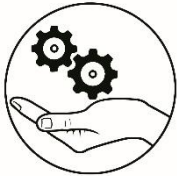
Pair of rubber shoes (it is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of *injury*)  
Badminton racket  
Shuttlecock

**Procedure:**

1. Before doing this activity, do some stretching exercises to prevent injury.
2. Ask one of your family members to play with you.
3. Stand about five feet away from each other.
4. Practice volleying the shuttle back and forth. Start by practicing the forehand, then, the backhand.
5. Keep track of the number of volleys you have successfully completed in a row and continuously try to beat your own score.
6. You can ask assistance from your family members or friends about the activity if necessary.
7. Do cool down exercises after the activity.

**Note:**

- You can make your own improvised materials if pieces of equipment are not available in your area.
- Your facilitator will assess your performances based on your report activity log.

***Additional Activities***

Look back on Activity 1: Solo-Practice-Shot Drill and Activity 2: Pair- Rally Drill. This time, try to hit the shuttlecock with your forehand and backhand alternately. Count the number of successful hits then, record it in your activity notebook.



## Lesson

# 2

## Basic Skills in Badminton



### What's In

#### Activity 1. Solo-Practice-Shot Drill 2

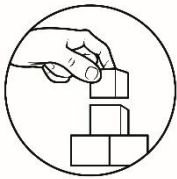
##### Equipment/Materials:

Pair of rubber shoes (It is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of *injury*.)

Badminton racket

Shuttlecock

**Directions:** Practice your forehand and backhand strokes like the Solo- Practice-Shot Drill for five minutes. This time, add an alternating forehand and backhand variation. Don't forget to do your warm-up and cool down exercises.



### What's More

#### Activity 1. Practice Serve

##### Equipment/Materials:

Pair of rubber shoes (It is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of *injury*.)

Badminton racket

Shuttlecock

Improvised net

**Directions:** Ask a family member to help you practice your badminton serve for 10 minutes. Use an improvised net like clothesline or by tying strings to upright poles or sticks. Record the number of your successful attempts in your activity notebook.

#### Activity 2. Badminton Stroke Drill

##### Equipment/Materials:

Pair of rubber shoes (It is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of *injury*.)

Badminton racket

Shuttlecock

Improvised net (clothesline or strings tied to poles or sticks)

**Directions:** With a family member, do the following drills. Copy the scorecard below in your activity notebook and record your scores.

**Clear and Drive Drill.** Try to do clear strokes as your drill partner drives the shuttlecock back to you. Record how many successful strokes you have done. Then, change strokes. You will do drive stroke while your partner clears the shuttlecock to you. Do not forget to record your successful hits. Do this drill for 10 minutes.

**A. Smash and Lob.** For 10 minutes, do the same as Drill A. This time, use the combination of Smash and Lob strokes. How many successful hits do you get?

<b>Badminton Stroke Drill Scorecard</b>		
A. Clear and Drive Drill	Clear	Drive
Successful Hits		
B. Smash and Lob Drill	Smash	Lob
Successful Hits		

### Activity 3. Practice Rally

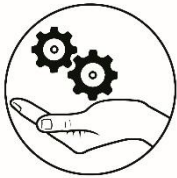
#### Equipment/Materials:

- Pair of rubber shoes (It is highly suggested that you wear rubber shoes to provide better protection to your feet and minimize the chance of *injury*.)
- Badminton racket
- Shuttlecock
- Improvised net (clothesline or strings tied to poles or sticks)
- Vacant space for playing area

**Directions:** Have an enjoyable practice game of badminton with your drill partner applying all the strokes that you have learned in our lessons. You do not have to keep scores, but it is recommended to record the number of successful hits for each stroke you have performed in your activity notebook. Use the scorecard and rubrics below to rate your performances.

<b>Practice Rally Scorecard</b>		
<b>Strokes</b>	<b>Successful Hits</b>	<b>Levels of Performance</b>
Serve		
Clear		
Drive		
Smash		
Lob		

<b>Rubrics of your daily performances</b>	
1-5 times	Low performance
6-10 times	Average performance
More than 10 times	High performance



### ***Additional Activities***

#### **Activity 1: Family Tournament**

Have a family badminton tournament. A member of the family must play with every other member. Make an agreement on the number of points to win (usually 21) and record the results of every game in your activity notebook. Take pictures (Please print if you can.) and share your experiences by writing a short essay about it also in your activity notebook.

Get ready with your rackets, play and enjoy.

## Lesson

# 3

## Nature and Background of Table Tennis

Table tennis is a sport played by two players opposing each other. Let's take a look about the nature and background and the basic skills in playing this sport.



### *What's In*

This phase of the lesson will help you recall the previous topic and will guide you in understanding the next lesson. Answer the activity below to check your knowledge.

#### **Activity 1: What Am I?**

**Directions:** Read the following statements below and figure out the dual sports as described in each statement. Write your answers in your activity notebook.

- \_\_\_\_\_ 1. I am a screen that separates the court of badminton. What am I?
- \_\_\_\_\_ 2. I am the proper way of holding the racket of badminton.  
What am I?
- \_\_\_\_\_ 3. I am a sport played with shuttlecock over a net using a racket. What am I?
- \_\_\_\_\_ 4. I have a feather in which players hit and smash in playing badminton. What am I?
- \_\_\_\_\_ 5. I am important in playing dual sports because I need to be flexible and keep my balance to hit the shuttle or ball. What am I?

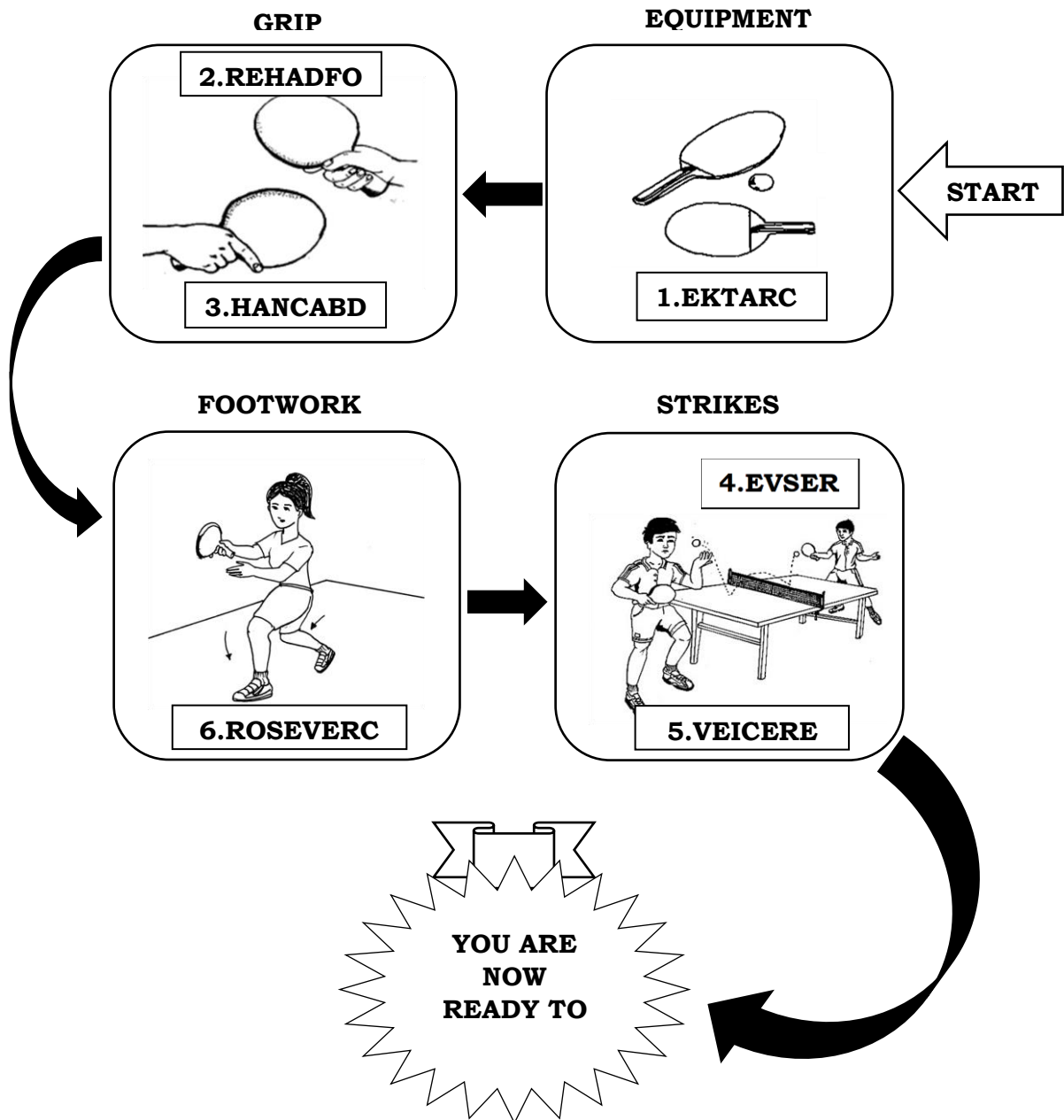


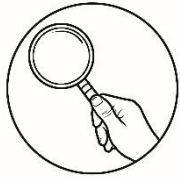
### *What's New*

In this phase of the lesson, you will check your prior knowledge on the next topic which is about the nature and background as well as the execution of the skills involved in playing the table tennis.

## Activity 1: Guess the Maze!

There are pictures and jumbled letters about table tennis in each box. Study the picture and re-arrange the letters to form a word to reveal the name of the picture. This will unlock your knowledge to give you an insight about the lesson. Write your answers in your activity notebook.





## ***What is It***

### **Activity 1. Let's Learn It!**

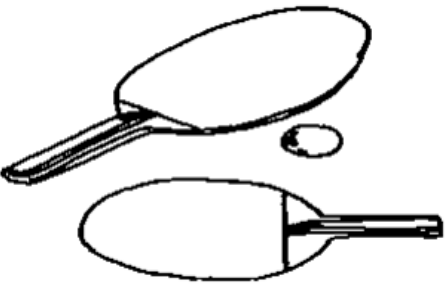
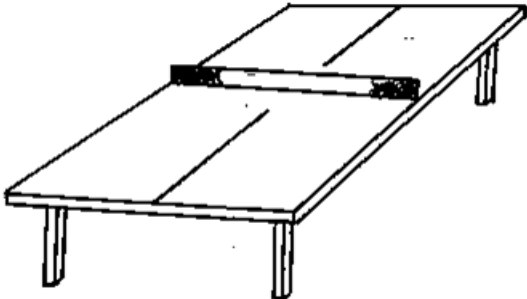
Participating in sports gives a lot of benefits to our health. Getting involved in different sports may depend on the interests of an individual. Sometimes we refuse to join sports because of lack of knowledge.

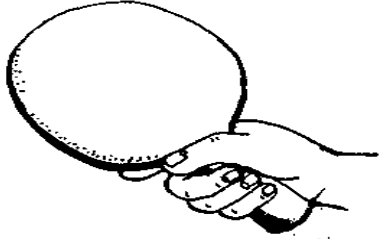

One of the sports that is fun to play is table tennis. This lesson will help and guide you on how to play the table tennis since it will discuss the nature and background of this sport and the proper way of playing it.

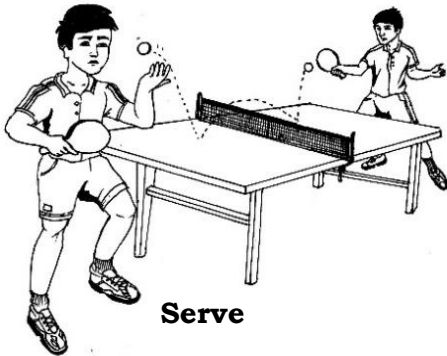
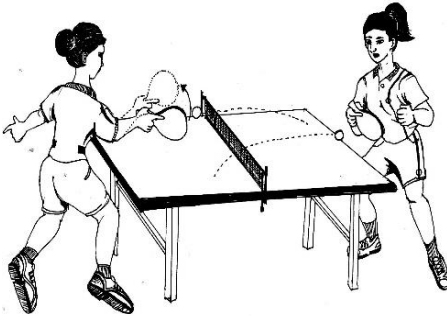
### **Nature and Background of Table Tennis**

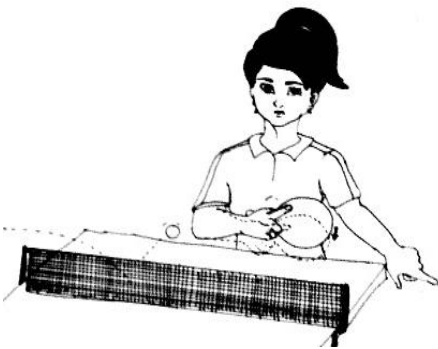
Table tennis originated from England early before the 20th century. It was played using improvised equipment and was developed after lawn tennis had become a popular sport. Table tennis is considered one of the most widespread racket sports in the world. This sport is played on a flat table divided into two equal courts by a net placed in the middle. Its former name is ping-pong and is played with the same game principles as those of lawn tennis. This sport aims to score a point by hitting the ball using a racket over the net so it bounces down at the opponent's court in such a way that he or she may not reach it and return it perfectly.

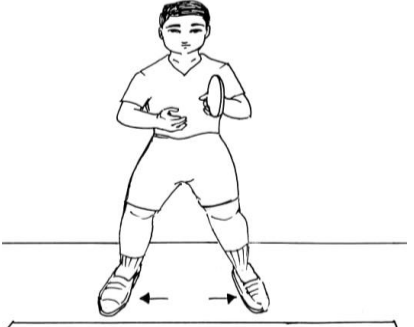
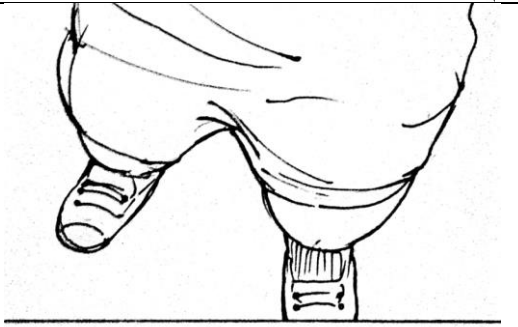
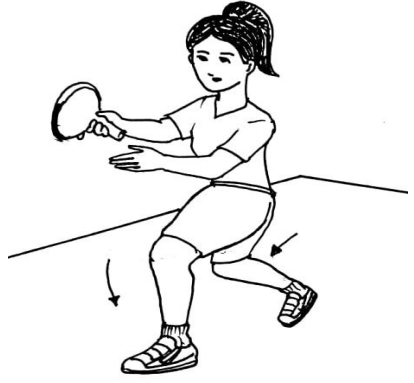
Table tennis is governed by the International Table Tennis Federation (ITTF). The rules of this sport are different for singles and doubles especially in terms of serving and receiving. The player who first reaches 11 points and at least 2 points ahead of the score in the game will be declared as the winner. Table tennis can also be played by players in a wheelchair but with some modifications in the rules. The matches for this game include singles, doubles, and mixed doubles.

<b>Equipment Used in Table Tennis</b>	
<b>Racket Table and Table Tennis Ball</b>	<b>Table and Net</b>
	

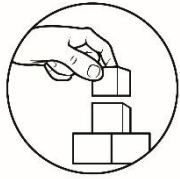
<b>Basic Grips in Table Tennis</b>	
<p><b>Forehand Grip</b></p> <p>It is done by placing the thumb and pointing the finger on opposite sides of the blade, at the top of the handle. The rest of the fingers are wrapped around the handle.</p>	
<p><b>Backhand Grip</b></p> <p>It is done by placing the thumb and pointing the finger on the blade. The middle finger rests on the opposite side together with the rest of the fingers.</p>	

<b>Basic Table Tennis Hits</b>		
<p><b>Receive</b></p> 	<p><b>Serve</b></p> <p>It is a stroke that starts a rally which can be done either in the forehand or backhand side.</p>	
	<p><b>Receive</b></p> <p>It is a stroke to respond to a serve.</p>	
<p><b>Push</b></p> 	<p><b>Push</b></p> <p>It is a short stroke wherein the racket is moved in a slight horizontal plane, striking the ball at the bottom portion of the racket.</p>	
	<p><b>Drive</b></p> <p>It is a stroke wherein the racket is moved forward and upward at an angle, striking the ball to impart fast forward spinning motion.</p>	

	<p><b>Block</b></p>	<p>It is a stroke wherein the racket is positioned slightly vertical, striking the ball at the bottom portion of the racket making the ball travel straight.</p>
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<p align="center"><b>Basic Table Tennis Footwork</b></p>	
<p><b>Basic Sideways</b></p> <p>This is the most common footwork in table tennis. It is done when you are in a ready position and going to hit the ball sideways with a bit of a jump or sidestep either left and right side in forehand or backhand stroke.</p>	
<p><b>In and Out</b></p> <p>This footwork is usually used to return the ball to the opponent in short service and short return. In doing this return, move your body forward by stepping your one foot closer to the table and hit the ball. After hitting the ball, return to your ready position.</p>	
<p><b>Crossover</b></p> <p>This footwork is used to return the ball faster when it is coming out too wide from your forehand stroke. It is a running motion that is usually done by cross over wide left leg to the right side to hit the ball in a forehand stroke at a fast pace (right-handed player).</p>	





## What's More

### Activity 1: Let's Get Ready!

In this activity, you are going to execute the skills involved in table tennis. Practice the skills to improve your performance in this game.

#### Materials/Equipment:

- Pen
- Activity record sheet
- Sports equipment needed in table tennis

#### Procedure:

1. Before doing this activity, do some stretching exercises to prevent injury.
2. You can ask assistance from your family members or friends about the activity if necessary.
3. Perform the different table tennis techniques suggested in the activity log.
4. Write how many repetitions you had made before you mastered the different techniques and then, rate it based on the rubrics.
5. Do cool down exercises after the activity.

Note:

- You can make improvised materials if the equipment is not available in your area as a rectangular dining table, wooden racket, long stick for the net, and more.
- Your facilitator will assess your performances based on your reported activity log.

#### ACTIVITY LOG

GRIP	Number of times before you master the basic grips	Rate	FOOTWORK	Number of times before you master the footwork.	Rate	STRIKES	Number of times before you master the basic strikes.	Rate
Forehand			Basic Sideways			Serve		
Backhand			In and Out			Receive		
			Crossover			Push		
						Drive		
						Block		

<b>Rubrics of your performances</b>	
1-3 times before you master the skills	<b>Excellent</b>
4-7 times before you master the skills	<b>Better</b>
8 and above before you master the skills	<b>Good</b>

### **Follow-up Activity:**

**Directions:** In your activity notebook, write your answers to the following questions:

1. What did you observe in your performance while doing the activity?

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2. Based on the results of your activity log, which activities did you find difficult or easy to execute? State your answer.

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### ***Additional Activities***

#### **Activity: Play with Me!**

**Directions:** To improve your skills in table tennis, you can play with your family members or friends during your leisure time. In your activity notebook, copy and use the game card below to record how many times you win and lose the game.

<b>TABLE TENNIS GAME CARD</b>	<b>Number of games</b>	<b>Number of loses</b>	<b>Number of wins</b>	<b>Remarks</b>

## Lesson

# 4

## Basic Skills in Table Tennis

Table tennis is one of the active recreations you can enjoy playing during leisure time. That is why the previous lesson has taught you the skills involved in this sport. After learning the nature and background and the basic skills of table tennis, you can now play it with your family members and friends.

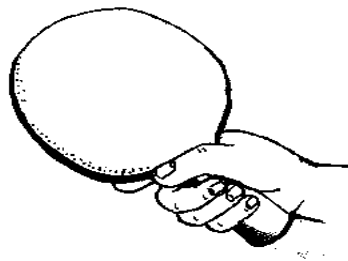


### *What's In*

#### **Activity 1: Tell Me my Name!**

Choose the letter of the name of each picture below from the given choices in the box. Write your answers in your activity notebook.

1.



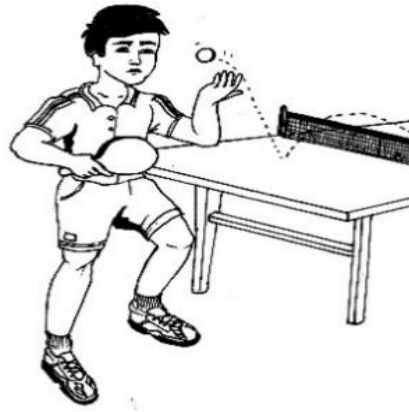
A. Backhand Grip    B. Forehand Grip    C. Handshake Grip

2.



A. Backhand Grip    B. Forehand Grip    C. Handshake Grip

3.



A. Drive

B. Receive

C. Serve

4.

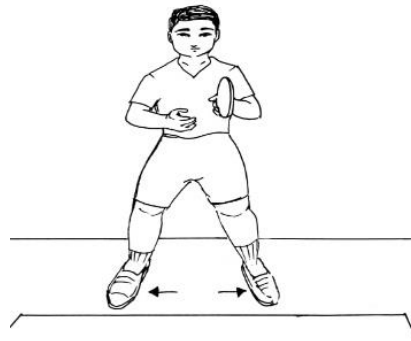


A. Basic Sideways

B. Crossover

C. In and Out

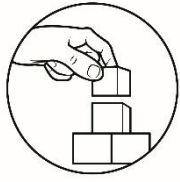
5.



A. Basic Sideways

B. Crossover

C. In and Out



## ***What's More***

### **Activity 1: Get Some Drill!**

In this activity, you are going to do the following table tennis drills as suggested below.

#### **Procedure:**

1. Prepare yourself and wear comfortable clothes so that you can move easily while doing these drills.
2. Do some stretching exercises before doing this activity to prevent injury.
3. Ask one family member or friend to assist you in performing the drills.
4. After doing the drills, do cool down exercises.

#### **Table Tennis Drills:**

##### **Drill 1. Forehand and Backhand Attack**

In 3 minutes, do the basic sideways footwork while holding the racket and waving in a forehand position like hitting the ball. Do the same repetition in backhand position to familiarize the consistency of your backhand.

##### **Drill 2. Serve and Receive Drill**

Practice the serve and receive hits until you master the strokes.

##### **Drill 3. Push and Drive Drill**

With the help of your family member or friend, execute the push and drive strokes to master the stances.

##### **Drill 4. Blocking Drill**

Blocking is one of the hardest strokes in table tennis. Practice the backhand and forehand blocking with the help of your partner until you learn it.

##### **Drill 5. Footwork Drill**

Execute the three basic footwork until you familiarize it.

## Follow-up Activity:

Share your ideas about the following questions. Write your answers in your activity notebook.

1. What did you observe in your performance while doing the activity?

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2. What drill did you find difficult or easy to execute? State your answer.

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## Activity 2: Play It!

In this activity, you are now going to play table tennis with your family members or friends. Choose at least three of them whom you can play with.

### Procedure:

1. Before doing this activity, do some stretching exercises to prevent injury.
2. Play table tennis with at least three family members or friends.
3. Record your score using the Game Card.
4. Do cool down exercises after the activity.

GAME CARD					
Name: _____					
Opponents' Name: _____					
1 <sup>st</sup> Game: _____					
2 <sup>nd</sup> Game: _____					
3 <sup>rd</sup> Game: _____					
First Game		Second Game		Third Game	
Your Score	Opponent's Score	Your Score	Opponent's Score	Your Score	Opponent's Score
Put checkmark:		Put checkmark:		Put checkmark:	
WIN	LOSE	WIN	LOSE	WIN	LOSE

**Processing Question:**

1. Did you enjoy playing table tennis? What circumstances did you experience while playing it? State your answer.

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***What I Have Learned***

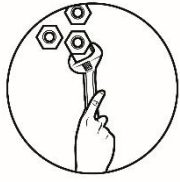
**Activity: My Message!**

Now that you already know the nature and background along with the different hits and strokes in playing badminton and table tennis, your next task is to write your thoughts on the given acronym. Write this acronym and your answers in your activity notebook.

**D** - \_\_\_\_\_  
**U** - \_\_\_\_\_  
**A** - \_\_\_\_\_  
**L** - \_\_\_\_\_

**S** - \_\_\_\_\_  
**P** - \_\_\_\_\_  
**O** - \_\_\_\_\_  
**R** - \_\_\_\_\_  
**T** - \_\_\_\_\_  
**S** - \_\_\_\_\_

Your knowledge on this activity is important as it will serve as your learning feedback on this topic. Your facilitator will give his/her assessment after you submit your answers.



## ***What I Can Do***

### **Activity: How I Use It!**

As we all know, we move every day even upon waking up, while fixing our bed, or taking a bath, and many more until we get to sleep at night. This time, how will you apply the different hits and strokes of dual sports that you have learned to your daily living? In your activity notebook, write 10 activities or daily routine where you think you can apply the basic skills in dual sports that you have learned.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_





## **Assessment**

### **Activity: It's T and F!**

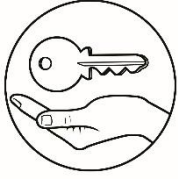
Carefully read the statements below which describe the different hits and strokes in playing dual sports. In your activity notebook, write **T** if you think that the statement is TRUE and **F** if you think it is FALSE.

- \_\_\_\_\_ 1. Badminton is a net game played on a rectangular court where opponents volley a shuttlecock over a net using a racket.
- \_\_\_\_\_ 2. In table tennis, it is allowed to hit the shuttle twice.
- \_\_\_\_\_ 3. The shuttlecock is one of the pieces of equipment used in playing table tennis.
- \_\_\_\_\_ 4. In table tennis, you will earn a point when the ball is not hit by the opponent.
- \_\_\_\_\_ 5. Playing badminton can only be played by one person at a time.
- \_\_\_\_\_ 6. In table tennis, when the ball strikes at the edge of the table, it will be counted as a point to your score if the opponent hits the ball back to your court.
- \_\_\_\_\_ 7. It is not necessary to learn footwork in table tennis.
- \_\_\_\_\_ 8. In badminton, the play will not continue if a player touches the net with the body or the racket.
- \_\_\_\_\_ 9. The height of the net in badminton is the same for women as it is for men.
- \_\_\_\_\_ 10. Table tennis can be played by three persons in one game.
- \_\_\_\_\_ 11. The aim of playing badminton is to score points by landing the shuttlecock at the opponent's court.
- \_\_\_\_\_ 12. You can use a tennis ball in playing badminton as an alternative for shuttlecock.
- \_\_\_\_\_ 13. Badminton can be played in doubles only.
- \_\_\_\_\_ 14. Serve is a stroke in table tennis as a response to a receive.
- \_\_\_\_\_ 15. Hitting as many as you can per side is allowed during the playing of badminton or table tennis.



## **Additional Activities**

Continue to play the dual sports (badminton or table tennis) that you like to play with your family members or friends during your leisure time.



# Answer Key

<p><b>Additional Activities (Lesson 2)</b>  <b>Family Tournament</b>          (Answers may vary)</p>	<p><b>What's In (Lesson 2)</b>  <b>Solo Practice Shoot Drill 2</b>          (Answers may vary)</p> <p><b>What's More (Lesson 2)</b>  <b>Activity 1. Practice Serve</b>          (Answers may vary)</p> <p><b>Activity 2. Badminton Stroke Drill</b>          (Answers may vary)</p> <p><b>Activity 3. Practice Rally</b>          (Answers may vary)</p>	<p><b>What's More (Lesson 1)</b>  <b>Activity 1. Solo Practice Drill</b>          (Answers may vary)</p> <p><b>Activity 2. Practice Rally Drill</b>          (Answers may vary)</p> <p><b>Additional Activities</b>          (Answers may vary)</p>
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<p><b>What's New (Lesson 1)</b></p> <ol style="list-style-type: none"> <li>1. Clear</li> <li>2. Smash</li> <li>3. Poona</li> <li>4. Drive</li> <li>5. Net Shot</li> <li>6. Forehand</li> <li>7. Drop</li> <li>8. Shuttlecock</li> <li>9. Lob</li> <li>10. Serve</li> </ol>	<p><b>What's In (Lesson 1)</b></p> <ol style="list-style-type: none"> <li>1. Standing Long</li> <li>2. Jump - Power</li> <li>3. 40 m Sprint - Speed</li> <li>4. Stork Stand Balance</li> <li>5. Test - Balance</li> <li>6. Juggling -</li> <li>7. Coordination</li> <li>8. Stick Drop Test -</li> <li>9. Reaction Time</li> </ol>	<p><b>What I Know (Lesson 1)</b></p> <ol style="list-style-type: none"> <li>1. T</li> <li>2. F</li> <li>3. F</li> <li>4. F</li> <li>5. F</li> <li>6. F</li> <li>7. F</li> <li>8. T</li> <li>9. F</li> <li>10. F</li> <li>11. T</li> <li>12. T</li> <li>13. T</li> <li>14. T</li> <li>15. T</li> </ol>
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<p><b>What's In (Lesson 3)</b></p> <p>Activity 1: What am I?</p> <ol style="list-style-type: none"> <li>1. Net</li> <li>2. Grip</li> <li>3. Badminton</li> <li>4. Shuttlecock</li> <li>5. Footwork</li> </ol>	<p><b>What's New (Lesson 3)</b></p> <ol style="list-style-type: none"> <li>1. Racket</li> <li>2. Forehand</li> <li>3. Backhand</li> <li>4. Serve</li> <li>5. Receive</li> <li>6. Crossover</li> </ol>
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<p><b>Assessment (Lesson 4)</b></p> <ol style="list-style-type: none"> <li>1. T</li> <li>2. F</li> <li>3. F</li> <li>4. T</li> <li>5. F</li> <li>6. F</li> <li>7. F</li> <li>8. T</li> <li>9. T</li> <li>10. F</li> <li>11. T</li> <li>12. F</li> <li>13. F</li> <li>14. F</li> <li>15. F</li> </ol>	<p><b>What's In (Lesson 4)</b></p> <ol style="list-style-type: none"> <li>1. B</li> <li>2. A</li> <li>3. C</li> <li>4. B</li> <li>5. A</li> </ol>
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