

WHY TABLE TENNIS?

Why is table tennis so popular?

- It is good fun and most enjoyable
- it can be played almost anywhere
- it is independent of weather conditions and seasons
- it has a universally accepted rule structure
- it can be played by all ages from 5 to 95
- it is beneficial to health
- it can be played by the able bodied and those with physical disabilities
- it can be played at home, school, youth club, college, university, sports centres and table tennis clubs
- it is a good family sport

Why is table tennis a good school sport?

- it is equally popular for both boys and girls
- it lends itself to team and individual play
- it needs a minimum of personal equipment
- it is space effective in school gymnasia and sports halls
- it can be played at many levels: competitive and non-competitive, curricular and extra curricular, intra and inter school, partnership, county
- it is physically and mentally invigorating

..... and there is a network of some 6000 clubs nationwide, affiliated to the English Table Tennis Association, waiting for you to join.

If we are promoting life long participation in sport, what better place to start than in school. The right foundations can create a lasting interest. Schools are in a unique position to make a significant impact upon young people's participation in sport and recreation. This contribution can be in the physical education curriculum where young people are encouraged to acquire skills, knowledge and good attitudes; and in extra curricular activities where pupils can be provided with opportunities to follow their interests and develop their expertise. Whatever the activity we should encourage:

- fun and success
- introduction of sport at their level
- the development of good sportsmanship
- positive competition

Table tennis is a sport which lends itself to these strategies but needs the acceptance of different ideas to overcome the lack of equipment from which most schools suffer - **a limited number or no table tennis tables at all!**