

World Table Tennis Day (April 23, 2026)

TEACHING GUIDE

What? World Table Tennis Day, a special day to celebrate this sport played all over the world.

Who? Players of all ages and skill levels, from beginners to Olympic champions. There are more than 300 million people worldwide who play this sport.

Where? In clubs, schools and public spaces all over the world.

When? Every year, on April 23rd.

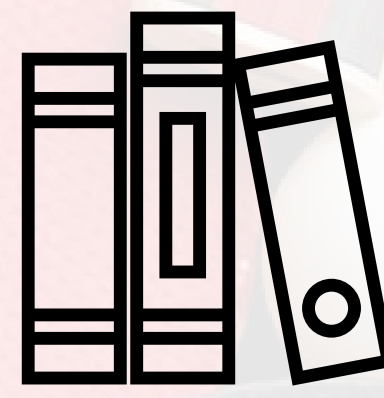
Why is it important? Because table tennis is one of the most popular sports in the world, and this day invites everyone to give it a try!

For this activity, your goal will be to learn more about table tennis.



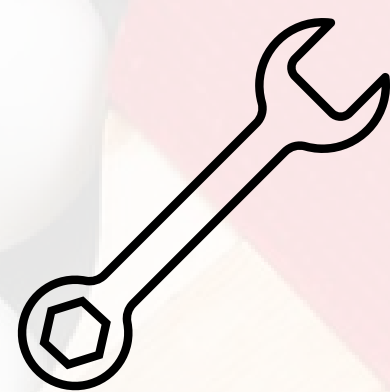
OBJECTIVES

- Discover the history and two names of table tennis
- Understand what onomatopoeia is
- Calculate the perimeter and area of a ping-pong table
- Convert measurements between different units (cm, mm, m)
- Discover the best table tennis players in the world
- Write short answers from the perspective of a champion



SUBJECTS

- **English**
 - Reading and comprehension
 - Vocabulary (onomatopoeia)
 - First-person writing
- **Mathematics**
 - Perimeter and area
 - Converting units of measurement
 - Calculations with decimals
- **Social studies / Physical education**
 - History of an Olympic sport
 - World sports culture



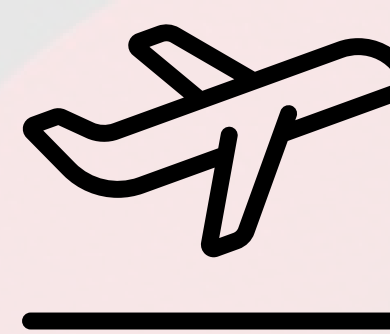
COMPETENCIES

- Read and understand an informational text
- Perform calculations and conversions
- Make connections between different pieces of information
- Put yourself in another person's shoes
- Produce short, structured answers



DURATION

- Approximately 60 minutes



GETTING STARTED

- Ask the students if they have ever played ping-pong, and where.
- Ask them if they know the difference between "table tennis" and "ping-pong."
- Discuss the sound a ping-pong ball makes (ping... pong...).
- Show a short video of a rally between two champions.
- Gather their hypotheses: Why does this sport have two names?



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QUESTIONS AND ANSWERS

STEP 1 — From the Noise to the Sport. Reading of a short text on the history of the two names for table tennis, followed by four comprehension questions.

Q1 — In 1988.

Q2 — In the United States, in 1900.

Q3 — "Table tennis" is the official name for competition. "Ping-pong" is used at home or among friends.

Q4 — Because it was a version of tennis played indoors, on a miniature table. The name described where and how it was played.

STEP 2 — A Table and Some Calculations.

Calculation of perimeter, area, and unit conversions using the official dimensions of a ping-pong table.

Q5 — $(2.74 \text{ m} \times 2) + (1.525 \text{ m} \times 2) = 8.53 \text{ m}$

Q6 — $76 \text{ cm} = 0.76 \text{ m}$

Q7 — $2.74 \text{ m} \times 1.525 \text{ m} = 4.18 \text{ m}^2$ (rounded)

Q8 — $15.25 \text{ cm} = 152.5 \text{ mm}$ or 0.1525 m

Q9 — $76 \text{ cm} + 15.25 \text{ cm} = 91.25 \text{ cm}$

STEP 3 — The best table tennis players on Earth. Choose between Wang Chuqin and Sun Yingsha, watch a match clip, then answer three questions from the champion's perspective.

For example:

Q10 — No, everything is too fast! My body reacts automatically, thanks to thousands of hours of training.

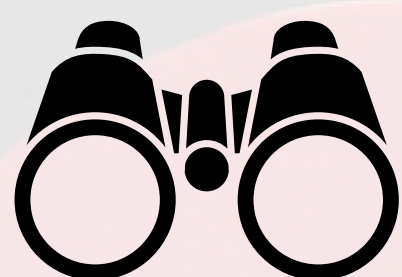
Q11 — That's not true! A match can last a long time and requires a lot of energy, reflexes, and concentration.

Q12 — I breathe deeply and focus on the next ball. I don't think about the score or the crowd.



WRAPPING UP

- Review what the child has discovered.
- Ask them what surprised them (e.g., that the word "ping-pong" comes from a brand name).
- Ask them which question they found the most difficult, and why.
- Discuss the invisible effort behind the performances of great champions.
- Make connections to other Olympic sports or to their own sporting activities.



FURTHER EXPLORATION

 Table Tennis for Kids  Oliver and Lucas - Educational Videos for Kids
https://youtu.be/84NbJj_TJ28?si=tY4_jcdVd4R3FZvG



Area of the tennis court (singles): $23.77 \text{ m} \times 8.23 \text{ m} = 195.6271 \text{ m}^2 \approx 195.63 \text{ m}^2$

Area of the ping-pong table: $2.74 \text{ m} \times 1.525 \text{ m} = 4.1785 \text{ m}^2 \approx 4.18 \text{ m}^2$

Ratio: $195.63 \div 4.18 = 46.80$, which is approximately 47 times.



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Table tennis and tennis are related sports. They look similar: a ball, paddles, a net in the middle, and two or four players hitting the ball back and forth. But one is played on a table, and the other on a large court.

How many times larger is a tennis court than a ping-pong table? To find out, we'll calculate the area of both playing surfaces.

How to do it? It's simple!

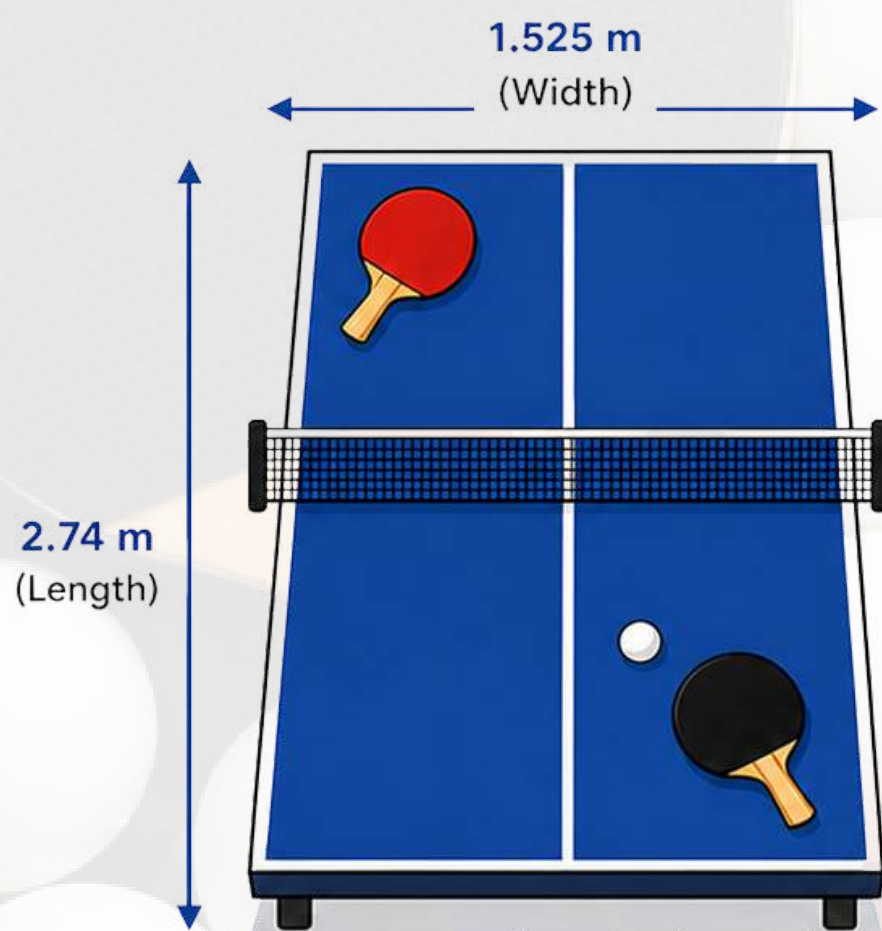
- Calculate the area of the ping-pong table and the singles tennis court.

$$\text{Area} = \text{length} \times \text{width}$$

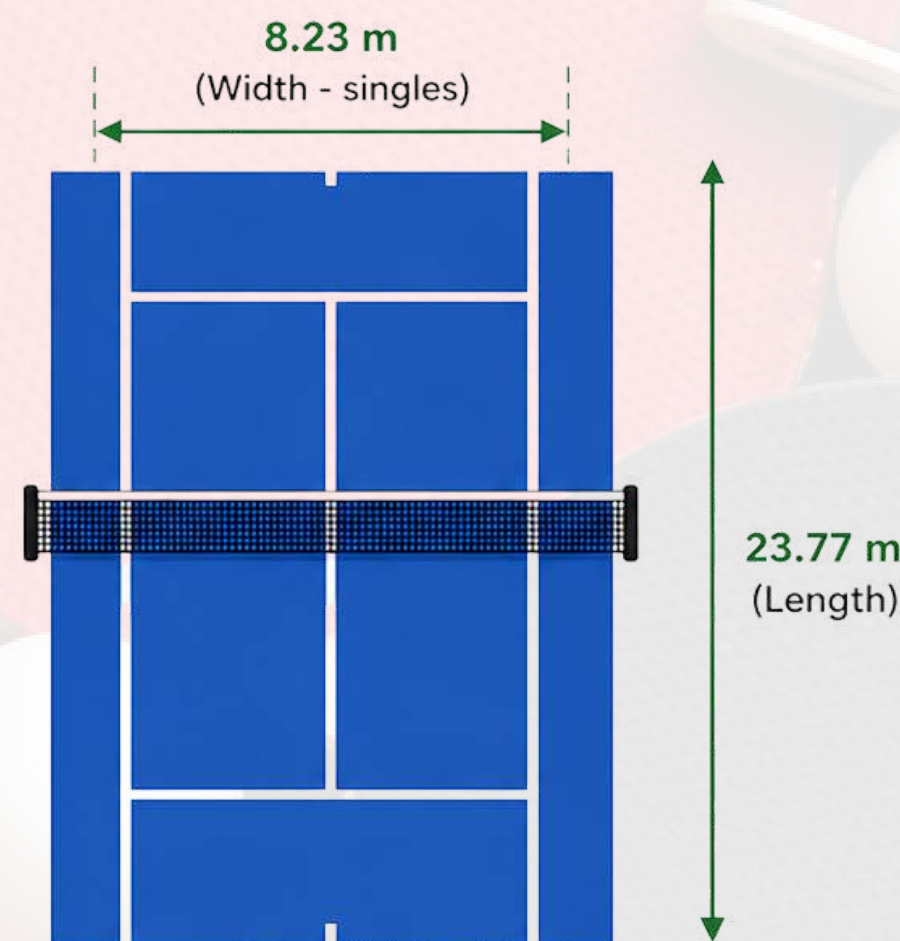
- Divide the area of the tennis court by the area of the ping-pong table.

You should get an answer that's between 40 and 50 times larger!

TABLE TENNIS (PING-PONG)



TENNIS (TENNIS COURT)



Now, imagine you're a top table tennis player and you have to choose your racket for the World Championship.

Design it with the colors, patterns, and symbols that best represent you!