



# TABLE-TENNIS

## CCA

Teachers in charge Mr Chang, Mr Jiangyang  
and Ms Melwani

# OUR TABLE-TENNIS CCA

- ▶ Our table-tennis CCA sessions are held on Wednesdays from 2pm to 3.30pm.
- ▶ We have external coach, Mr. Toh Jun Hao, who has been with the school team for two years.
- ▶ Pupils are playing for leisure during the sessions. The coach will select some pupils to play for NSG competitions for both junior and senior teams. Junior team are selected from P4 and P5 and senior team are selected from P5 and P6.

# Benefits of playing table-tennis

- ▶ Improve hand-eye coordination
- ▶ Improve reflexes
- ▶ Good form of exercise
- ▶ Keeps the brain sharp
- ▶ Improve balance

# Our senior players in action in NSG competition



# Our junior players in action in NSG competition

