

# Giving back table tennis to children and young people – Cape Cornwall Table Tennis Club

*Theme: returning to play, children and young people, individual development*

## Defining the Issue

Physical activity and sport was forced to stop during the Coronavirus pandemic and national lockdown, having a significant impact on the development of children and young people. As soon as restrictions were eased, the return to table tennis was greatly received and inspired a newfound appreciation for the sport.

## Background

Cape Cornwall Table Tennis Club was formed by David May nearly 30 years ago, after becoming Headteacher at Saint Just Primary School, where the club still play.

Now retired, David continues to deliver weekly coaching to children and young people at the club, during and after-school education. Over fifty 10-14 year olds take part in club sessions, many with the experience of competing at local, county, regional and national competitions.

When Coronavirus forced a national lockdown, all table tennis activity was paused. After coming out of lockdown, the club was quick to return, giving back table tennis to local children and young people.

## Impact

*“When we came out of lockdown, it was most remarkable. When those kids got back to playing table tennis, every one of my evening group turned up.”*

*“It’s hard to explain. The children love their table tennis anyway, but I’ve never seen such joy and passion. Since that first day back, their enthusiasm and keenness has been better than I ever remember.”*

*“Children need exercise. Being cooped up during lockdown, they didn’t have access to usual activities and they’re glad to be doing something active again. They enjoy being together and table tennis gives them self-esteem.”*

## Key Learnings

1. Table tennis encourages active lifestyle.
2. Individual development of children and young people is enhanced with table tennis.

## Further Information

For more information on returning to play, please click [here](#).



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case study

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