

Chair Tennis

STAY ACTIVE!

Chair Tennis is a simple yet engaging game suitable for small spaces involving two players, a tennis ball, and a chair. The objective is to score points by bouncing the ball over the chair and having it land between the chair and the opponent.



Learning Intentions

Developing Hand-Eye Coordination and Reflexes:

Students will improve their hand-eye coordination and reflexes by practising accurate ball tossing and quick reactions during gameplay.

Encouraging Friendly Competition and Sportsmanship:

Students will engage in friendly competition, learning to play fair and demonstrate good sportsmanship, regardless of the game's outcome.

Adapting to Different Game Variations:

Students will explore and adapt to different game variations, enhancing their problem-solving skills and ability to modify games to suit various physical abilities and skill levels.



Success Criteria

Accurate and Controlled Ball Tossing:

Students consistently perform controlled underarm tosses, aiming to bounce the ball accurately over the chair and within the target area between the chair and their opponent.

Displaying Good Sportsmanship:

Students show respect and fairness during gameplay, acknowledging their opponent's efforts and maintaining a positive attitude, whether winning or losing.

Adaptability in Gameplay:

Students successfully adapt to different game versions, demonstrating flexibility in adjusting the game rules and setup to match their physical abilities and the available space.



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Objective:

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Players:

Two players per game.

Materials:

- A chair.
- A tennis ball (or any suitable ball).

Setup:

Place the chair in the middle with players kneeling on either side.

Gameplay:

- Players take turns underarm, tossing the ball over the chair.
- The goal is to make the ball bounce between the chair and the opponent to score a point.
- The game can be played for a set time (e.g., two minutes), with the player scoring the most points winning.
- Alternatively, the first player to reach a set number of points (e.g., eleven) wins.

Variations for Different Settings:

- Children's Edition: Use a larger, softer ball to make catching and throwing easier.
- Competitive Edition: Introduce rules to increase difficulty, such as requiring the ball to bounce only once.
- Inclusive Edition: Adapt the game for varying physical abilities, modifying the chair height or distance as needed.

Additional Notes:

- Chair Tennis is a versatile game that is fun and engaging for all ages.
- It requires minimal equipment and space, making it ideal for indoor play or small areas.
- The game encourages hand-eye coordination, quick reflexes, and friendly competition.