

Get Seven Bounces

STAY ACTIVE!

It is a fun and challenging coordination game played in pairs, where participants aim to bounce a table tennis ball on a flat surface a specific number of times before it reaches their partner.



Learning Intentions

Enhancing Hand-Eye Coordination and Timing

Students will develop hand-eye coordination and timing by practising precise bounces and catching, improving their ability to control and anticipate the ball's movement.

Promoting Focus and Precision

Students will learn to concentrate and execute their movements with precision as they aim to achieve the exact number of required bounces, fostering patience and attention to detail.

Encouraging Healthy Competition and Teamwork

Students will engage in friendly competition while working together with their partner to complete the challenge, promoting sportsmanship, cooperation, and mutual support. They will form multiple connections with their peers through rotating through new playing partners.



Success Criteria

Accurate Execution of Bounces

Students successfully bounce the ball the required number of times, showing improved hand-eye coordination and the ability to control the ball with precision.

Consistent Focus and Concentration

Students maintain focus throughout the game, demonstrating patience and the ability to concentrate on achieving the exact number of bounces without errors.

Positive Interaction and Sportsmanship

Students interact positively with their partners, encouraging each other and displaying good sportsmanship, whether they win or lose the round.



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Objective:

It is a fun and challenging coordination game played in pairs, where participants aim to bounce a table tennis ball on a flat surface a specific number of times before it reaches their partner.

Players:

Two players per pair.

Materials:

- A table tennis or ping pong ball.
- A flat bench, deck, or table surface.

Setup:

Pairs stand at opposite ends of the flat surface.

Gameplay:

- **Starting Bounce:** Player one bounces the ball once on the table, and player two catches it.
- **Increasing Bounces:** In each subsequent turn, the number of bounces increases by one before the other player catches it.
- **Challenge:** The game continues with increasing bounces, aiming to reach exactly seven bounces without going over or under.
- **Error Penalty:** If a player bounces the ball more or less than the required number, they lose the round.
- **Rotation:** Keep playing until one player achieves ten wins, then swap partners.

Winning the Game:

The first player in each pair to successfully complete the seven-bounce challenge wins.

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Variations for Different Settings:

- **Children's Edition:** Use a larger, softer ball for easier catching and bouncing.
- **Competitive Edition:** Introduce a timer to increase the challenge.
- **Inclusive Edition:** Adjust the distance between players or the height of the surface for accessibility.

Additional Notes:

- Get Seven Bounces is an engaging and skilful game that enhances hand-eye coordination and timing.
- It's adaptable and can be played in various settings, making it suitable for participants of all ages.
- The game encourages focus, precision, and gradual progression in difficulty.

