

Chair Tennis

Quick and Easy

PLAY

Chair Tennis is a simple yet engaging game perfect for small spaces. It involves two players, a tennis ball (or any suitable ball), and a chair. The aim is to score points by bouncing the ball over the chair so that it lands between the chair and your opponent.



Family Objects

Boosting Coordination and Reflexes:

Family members will work together to enhance their hand-eye coordination and quick reflexes by practising fun ball tossing and speedy reactions during play.

Embracing Friendly Competition and Team Spirit:

Everyone will engage in light-hearted competition, playing fair and showing true blue sportsmanship, no matter the outcome.

Exploring Game Variations and Adaptability:

Families will experiment with different ways to play Chair Tennis, using their creativity to tweak rules and setups so that everyone gets a fair go.



Success Milestones

Consistent and Accurate Tossing:

Family members regularly execute controlled underarm tosses, sending the ball bouncing accurately over the chair and landing within the target zone between the chair and the opponent.

Demonstrating Genuine Aussie Sportsmanship:

Everyone shows respect, fairness, and a positive attitude during play, cheering each other on whether they win or lose.

Flexibility and Adaptability in Gameplay:

Families effectively adjust the rules and setup to suit different abilities and available space, ensuring the game remains inclusive and fun for all.

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Objective:

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Players:

Two family members 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:

- Family members take turns tossing the ball underarm over the chair.
- The goal is to make the ball bounce between the chair and the opponent to score a point.
- You can play for a set time (e.g., two minutes) where the player with the most points wins, or have the first player to reach a set number of points (e.g., eleven) declared the winner.

Variations for Different Settings:

- **Kids' Version:** Use a larger, softer ball to make catching and tossing easier.
- **Competitive Version:** Increase the challenge by requiring the ball to bounce only once.
- **Inclusive Version:** Adapt the game for various physical abilities by adjusting the chair height or the distance between players.

Additional Notes:

Chair Tennis is a versatile game that's fun and engaging for all ages. It requires minimal equipment and space, making it ideal for indoor play or small areas. The game promotes hand-eye coordination, quick reflexes, and a spirit of friendly competition among family members. Enjoy the game and have a crack at creating your own variations as a family!