

# Table Top Tennis

STAY  
ACTIVE

To improve hand-eye coordination, focus, and balance by playing a fun and active "Table Top Tennis" game bouncing a ball off the top of desks to score points.



## Learning Intentions

**I can improve my hand-eye coordination through the use of a racket or hands to bounce the ball:**

This encourages students to develop better coordination and control as they hit the ball off the top of their desks.

**I can practice teamwork and friendly competition while engaging in a fun, active game:**

This activity fosters collaboration in pairs, helping students work together while also learning how to compete respectfully.

**I can develop focus and reaction time by aiming to bounce the ball accurately and quickly:**

This helps students improve their focus and quick reflexes as they anticipate where the ball will land.



## Success Criteria

**Bouncing the Ball with Accuracy:**

Students can accurately bounce the ball off the top of their desk and aim it towards their partner's side, engaging in the activity and practising precision and focus.

**Maintaining Balance and Control:**

Students can maintain balance and body control while standing and playing at their desk, reinforcing the importance of stability and coordination during the game.

**Working Together and Having Fun:**

Students can work together with their partner to have fun while practising the rules of the game, encouraging friendly competition and cooperation.



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**Objective:** To improve hand-eye coordination, focus, and balance by playing a fun and active "Table Top Tennis" game bouncing a ball off the top of desks to score points.

**Players:** Ideal for pairs of students (2 players per team).

**Materials:**

- A soft tennis ball or similar lightweight ball.
- Desks or tables with flat tops.

**Time Required:** 5 - 10 minutes.

**Setup:**

1. Clear the desks or tables to create space for playing.
2. Have each pair of students stand behind a desk.
3. If available, provide paddles or simply use hands to bounce the ball.

**Gameplay:**

1. **Introduce the Game:** Explain the rules of Table Top Tennis. The objective is to bounce the ball off the top of the desk and have it land on the other side, ideally between the opponent's desk and their position. Ask students to visualise a small 'court' around them and between the table top. The court markings to visualise should be the edges of the table width.
2. **Start the Game:**
  - One player serves the ball by bouncing it off the top of their desk/table to their opponent's side. The opponent must then try to catch and return the ball by bouncing it off their desk and sending it back.
  - If the ball lands between the desks or on the opponent's side, either by dropping the ball or missing it, the server scores a point.
3. **Keep Playing:** The game continues with players taking turns to serve and return the ball, attempting to land the ball on the other player's side. Students should focus on maintaining a rally by bouncing the ball back and forth as many times as possible without the ball being dropped or missed.
4. **Scoring System:** Decide on a scoring system (e.g., the first to 10 points wins). Players can also switch sides after each round for variety and challenge.
5. **Reflection Time:** After the game, encourage students to reflect on their performance and experience:
  - "How did it feel to play with your partner?"
  - "What strategies did you use to return the ball?"
  - "What could you do next time to improve?"

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**Winning the Game:** The player or team with the most points at the end of the game wins. There is no strict winner unless desired; the main goal is to practice the movement, coordination, and fun of the game.

**Additional Notes:** "Tabletop Tennis" is a great way to integrate physical activity into a small space while improving coordination and teamwork. It's simple, fun, and adaptable for various environments, including classrooms or homes. The game encourages both focus and physical movement while helping students engage in friendly competition and practice balance and control.