```python
import pygame, sys
from settings import SCREEN_WIDTH, SCREEN_HEIGHT
from table import GameBoard

pygame.init()
game_window = pygame.display.set_mode((SCREEN_WIDTH, SCREEN_HEIGHT))
pygame.display.set_caption("Battle Bounce")

class BounceGame:
    def __init__(self, game_window):
        self.game_window = game_window
        self.frame_rate = pygame.time.Clock()

    def render(self):
        pygame.display.flip()

    def start(self):
        # Game initialization here
        board = GameBoard(self.game_window)  # Pass the player_option stored in
board.game_mode
        while True:
            self.game_window.fill("navy")
            for event in pygame.event.get():
                if event.type == pygame.QUIT:
                    pygame.quit()
                    sys.exit()
            board.player_action()
            board.refresh()
            self.render()
            self.frame_rate.tick(40)  # Adjusted frame rate for smooth performance

if __name__ == "__main__":
    game_session = BounceGame(game_window)
    game_session.start()
```