

Learning Intention: *How can you propel a Boccia Ball?*

I can throw, roll a boccia ball

I can throw, roll a boccia ball with some accuracy

I can throw a boccia ball in a variety of ways with accuracy

Key words: propel, back spin, extend, flick, accuracy

EQUIPMENT:

Equipment and resources needed:
Hall marked in basic Boccia court
Boccia balls/bean bags
Hoops
Beach Ball
Refereeing indicators - bat or cones, colours (red & blue)

White board and pen (scoring)
Clock
Assisted Device (chute),

WARM UP:

Children to jog around an area holding a tennis ball.

They are to- jog, skip, jump or move around the area.

Teacher calls no.1, Children throw and catch the ball

Teacher calls no.2, Children roll the ball to a partner

Teacher calls no.3, all Children perform star jumps/arms

Teacher calls no 4, all Children sprint/fast arms



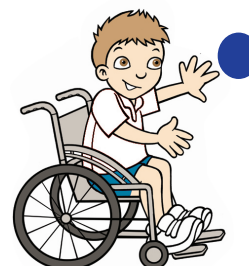
ACTIVITY 1: Experiment with different ways of throwing using a Boccia Ball

Children to get into pairs and sit on a bench/chair/wheel chair:

Introduce 4 types of throws:

- 1) **Rolling** - aim in front of the target and let the ball roll in
- 2) **Over arm** - when throwing, try to release the ball as the hand/arm is extended and fingers pointing towards the target
- 3) **Underarm**- Bring the arm back and then forwards again to line up the throw 2-3 times, then release.

4) Challenge: Back spin - flick the ball upwards as you release it



ACTIVITY 2: Propel the ball

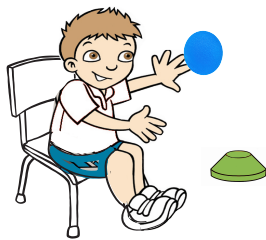
In pairs;

1) Can you try and propel the ball **over** the tall cone?

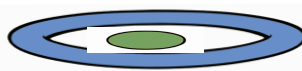


Over cone

2) Can you try and propel the ball **into** the hoop? Can you make it land on the spot? (2 points = inside the hoop, 3 points = on the spot)



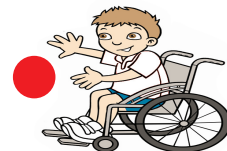
Place a spot inside the hoop



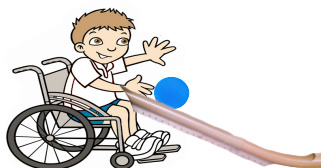
3) **GAME: 2v2.** Move the beach ball. Take it in turns to throw at the beach ball. Which team can get the beach ball past the other first?



Q&A: What are the best ways to propel the ball?



SEND Support: Use an assisted device e.g. chute and a throw down spot



Some pupils may not be able to propel the ball a great distance – use an assisted device (chute) if needed (in competition this is only allowed for non throwers)

ACTIVITY 3: Boccia Game

The aim is to score as many points as possible by placing their set of coloured balls closest to the jack (white ball). **3v3**

They can practice various forms of throwing- over arm, underarm, rolling or using an assisted device to see which is the best for them. A ball can be propelled by rolling, throwing or kicking.

The aim of the game is to get your ball/s closest to the Jack

Teams sit **Blue Red Blue Red Blue Red**

Red throw the Jack (white ball) out first from the LEFT hand side, followed by a Red ball

Blue throw 2nd

The Referee looks to see which is furthest away and they throw next, indicated by coloured cone/bat held up

This continues until all balls have been thrown

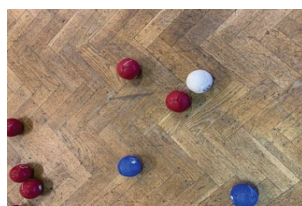
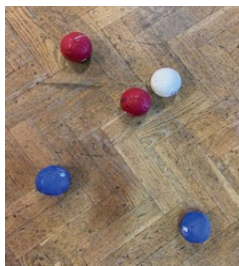
Winner is the ball/balls closest to the Jack (white ball)

Score a point for each ball closer than the other colour

Set up:



Zoom in to see who is nearest to the white



e.g 2 points Red. The two reds are closer to the jack than the blues

COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? What different types of throws did you use today when playing Boccia?