

BOCCIA LESSON 2 KS1

Learning Intention: *How can you aim at targets from a variety of distances?*

I can throw, roll, kick a boccia ball/beanbag

I can throw/push a beanbag/ball towards a target

I can throw/push a bean bag/ball at a target at various distances

Key words: Aim, Control, Focus, Distance

EQUIPMENT:

Boccia balls/bean bags

Hoops

Cones

Target

Refereeing indicators - bat or cones, colours (red & blue)

White board and pen (scoring)

Clock

Assisted Device (chute),

WARM UP:

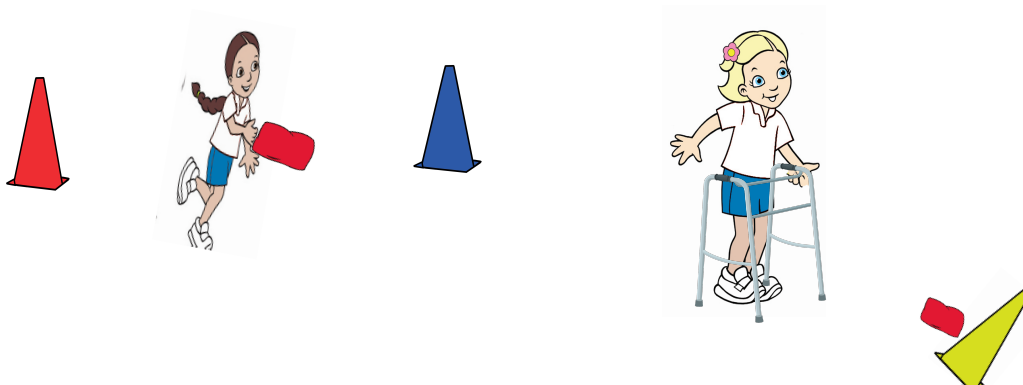
Children are to move around an area.

All children have a bean bag.

Place out lots of tall cones (as volcanoes)

Children are to try and knock down the volcanoes. As soon as they knock one down, pick it up then find another one. They can vary the distance they throw the beanbag.

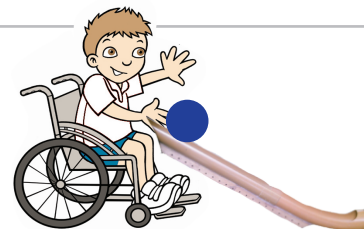
Q&A: What did you have to do to hit the volcano? Aim towards the target, have good control with the bean bag, focus on the target you are aiming at.



ACTIVITY 1: Circuits

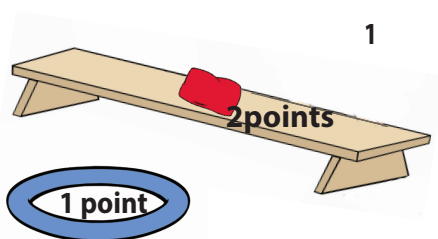
Children to rotate around each of the stations. They can sit on: chairs, wheelchair or a bench.

Linking Learning: Can you try using the underarm and overarm throws from last lesson. Which works the best at each station?



SEND support: A chute can be used

Station 1:



2 Points scored for every time a beanbag lands on the bench.

Make it harder: Move further away

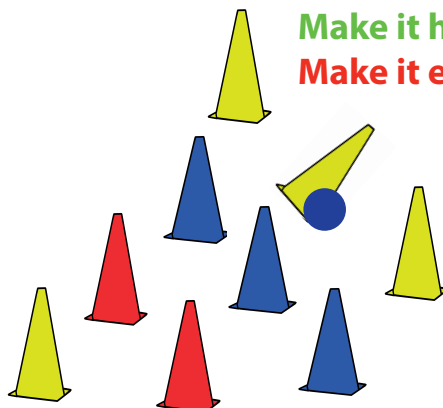
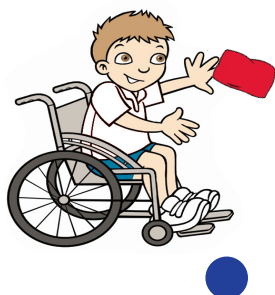
Make it easier: Move closer

Station 2:



**Throw in order of the hoops (1,2,3)
2 Points for every hoop it lands in**

Station 3:



How many skittles (or cones) can you hit with a beanbag and a ball?

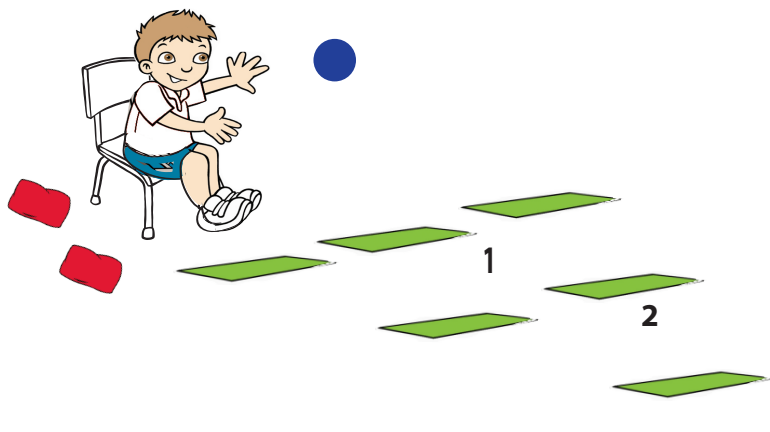
Make it harder: Move further away

Make it easier: Move closer

1 point for every cone you knock down

Q&A: How can you position your shots to make it easier for your balls to get close to the target?

Station 4:

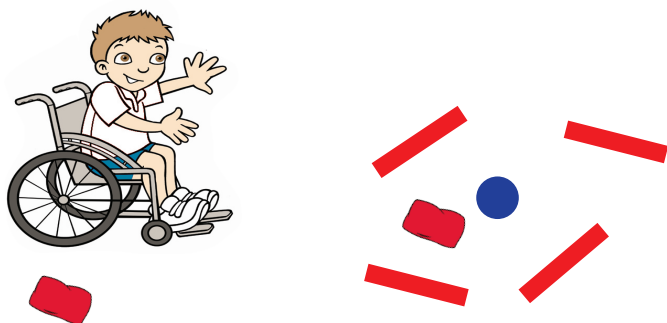


Use throw down strips.
Use both bean bags and a boccia ball

Zone 1 = 1 point
Zone 2 = 2 points
Zone 3 = 3 points

Make it harder: Move further away
Make it easier: Move closer

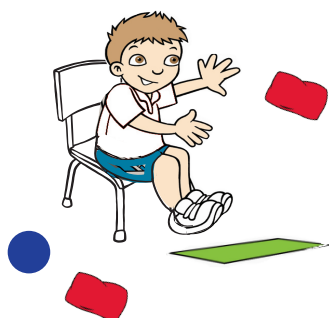
Station 5:



5 Points scored when the bean bag or ball lands in the square.

Make it harder: If you knock a Cone down, you lose a point.

Station 6:



We call the target ball in Boccia a 'Jack'



How close can you get your ball to the Jack? (use a large ball)

Children to use both beanbags and a boccia ball.

Make it harder: Move the jack further away

Remember: Take your time, aim and release. Try and control the throw.

COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? How did you hit the target?
Control, aim, focus.