

Learning Intention: *To try different types of shots to get closest to the target.*

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

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

WARM UP:

Children to move around an area holding a tennis ball.

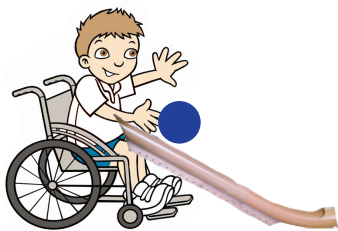
They are to- jog, skip, jump or move around the area.

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: Circuits

1. Children to rotate around each of the stations.

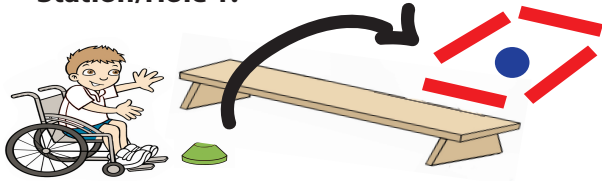
Linking Learning: Think about the different ways you propelled the ball last lesson. What type of shot suits each station/hole best? e.g. roll, throw, lob

2. Play Boccia Golf (extension)

1. Agree what par for the course should be and how many rounds should be completed
2. Children will take their turn from wherever their Boccia Ball finishes, until they complete the hole
3. Children complete every hole on the course and aim to finish with the lowest number of turns.

Par= The amount of shots allowed to complete a hole. For example-Par 3 will be 3 shots to complete the hole.

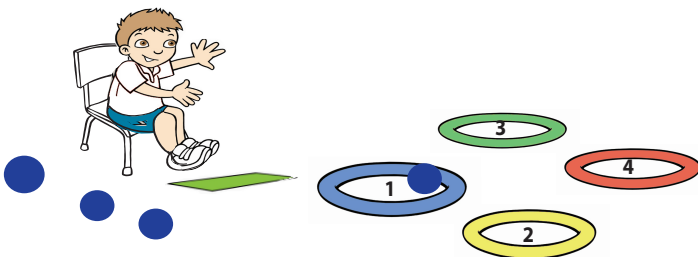
Station/Hole 1:



2 Points scored for every time it lands in the square.

Make it harder: Move further away
Make it easier: Use a bean bag

Station/Hole 2:



**Throw in order of the hoops
2 Points for every hoop it lands in**

Q&A: Where should you aim the ball to get as close as possible to the target?

Station/Hole 3:

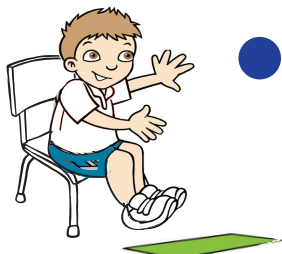


How many skittles can you hit with 3 balls?

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

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

Station/Hole 4:



Tape the target to the floor.

Red = 5 points

Yellow = 3 points

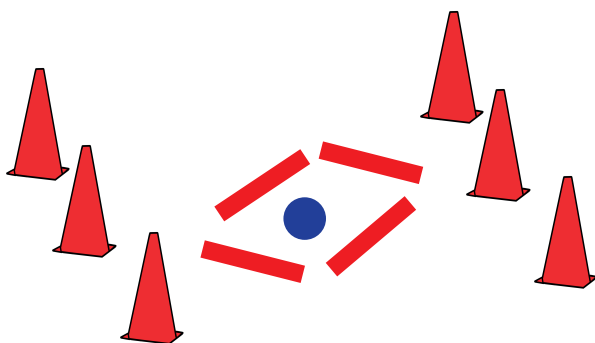
Green = 2 points

Make it harder: Move further away

Make it easier: Use a bean bag



Station/Hole 5:



5 Points scored when it lands in the square.

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

Station/Hole 6:

How close can you get your ball to the Jack?

Make it harder: Move the jack further away



Extension: In groups of 4, make up your own target stations. Note this may take more than one lesson.

ACTIVITY 2: 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 LEFT hand side, followed by a Red ball

Blue throw 2nd

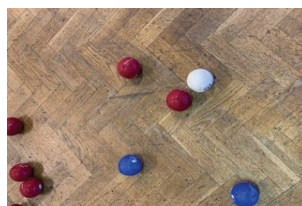
The Referee looks to see which is furthest away and they throw next, indicated by coloured cone/bat held up

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? How can you improve your accuracy?