

Learning Intention: *How can you score points?*

I can begin to place a ball near/on a target close to me

I can place/land a ball on a target further away from me

I can place/land a ball on a target, both near me and further away with control and confidence

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 to move around an area holding a tennis ball.

Teacher calls No. 1: Children to throw and catch the ball

Teacher calls No. 2: All children do star jumps or arm claps

Teacher calls No. 3 : Sprint on the spot or use fast arms /arm

Make it easier: No ball/ Use beanbag

Make it harder: Throw to a partner

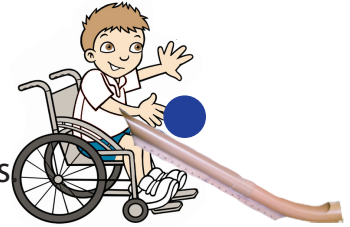


ACTIVITY 1: Flower

Q& A: How can you place the ball on a target to score the highest points?

Set up as below. Mark out a scoring zone, with different points allocated to each area within the zone.

1. Each player is to have 5 attempts (with balls and beanbags)
2. Players score points by propelling balls into the scoring zones
3. Can they beat their own scores?



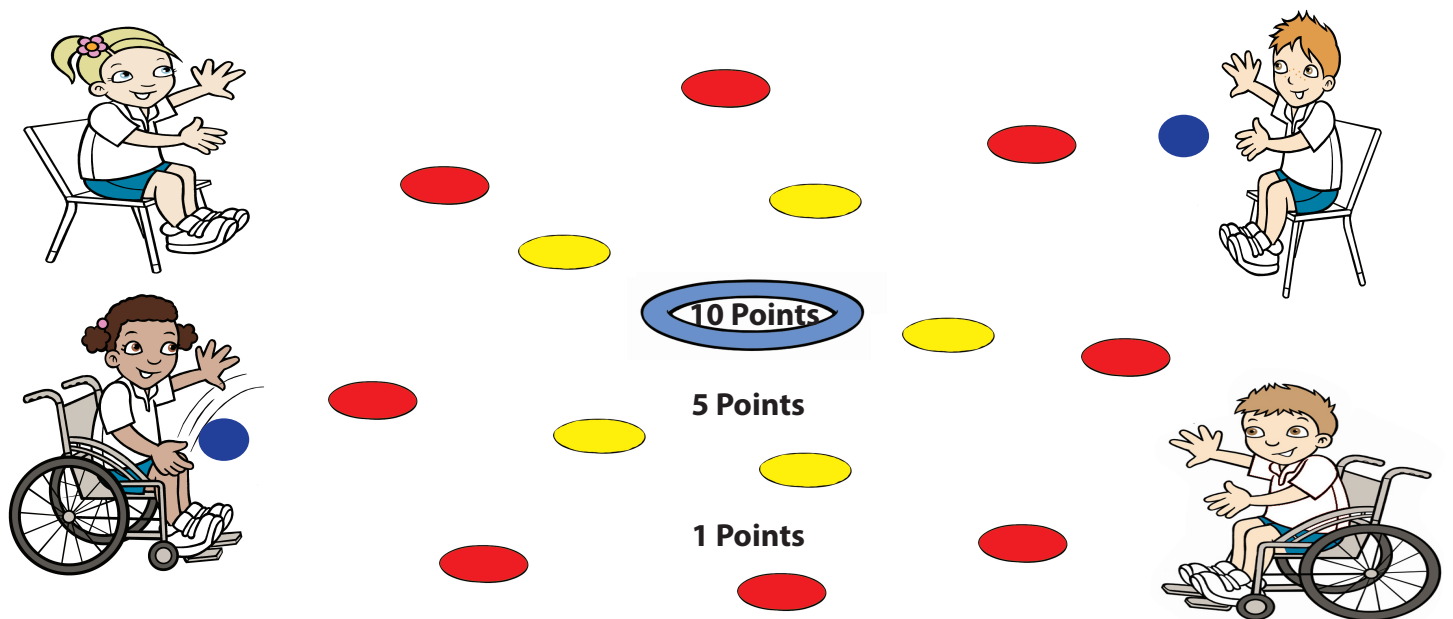
SEND support: Use a chute

Q & A: How can you improve your shot placement?

Extension/Challenge: Can you add in some competition - the player that gets the highest score is the winner.

Make it easier: Move nearer, use beanbags

Make it harder: Move further away



TP's

1. Point towards a target (with non throwing hand)
2. Throw towards target
3. Release the ball, with your fingers pointing at the target

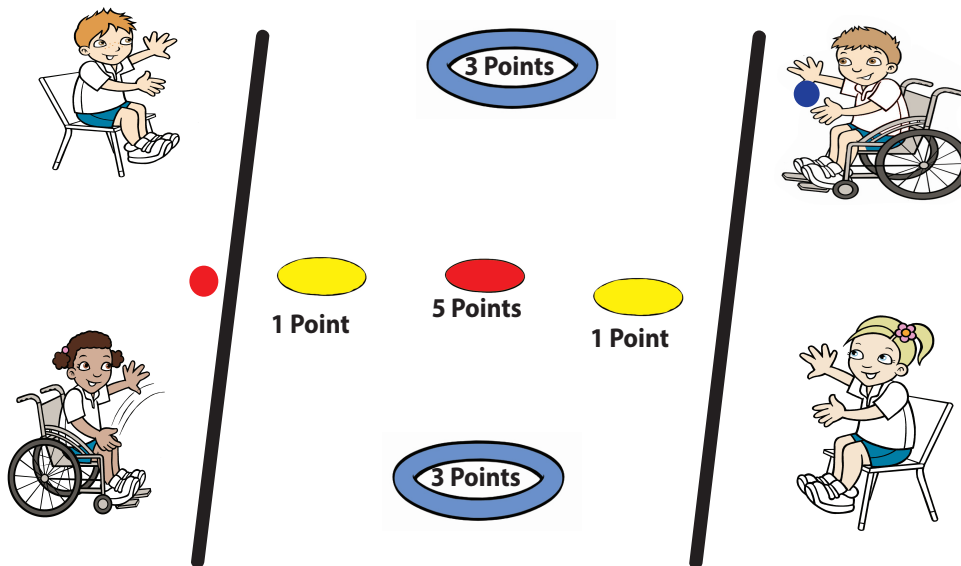
ACTIVITY 2: Aim High

2v2 - set up as below - cones 1-2 metres apart

1. Each child has 3 balls/beanbags
2. Team to take it in turns e.g. Team A, then Team B
3. Aim is to get the highest number of points for you team
4. Which team can score the highest amount of points?

Q&A: Have a chat with your team and decide the best way to score the most points?

Extension/ Challenge: Play again . Now you can try and knock your opponents ball off/out of the target.



COOL DOWN

Repeat the warm up – slower paced.

PLENARY

What was your favourite part of the lesson? What is a placement shot called in Boccia?