

Learning Intention: *How do you play a game of Boccia?*

I can begin to understand the rules of Boccia

I can understand how to play Boccia

I can play Boccia, understand the rules and also discuss with my team the best way to try and win.

## EQUIPMENT:

Boccia balls/bean bags  
Hoops, spots, strips,  
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:

Teacher calls **"Pirates Swim"**: Children are to swim with their arms only or run on a spot pretending to swim

Teacher calls **"Pirate Exercises"**: Children perform arm claps or star jumps

Teacher calls: **"Pirates look out"**: Children are to FREEZE (pretending to hold a telescope)

Teacher calls: **"Pirates hide"**: Children cover their heads with their hands or crouch down to become small



## ACTIVITY 1: Boccia Game/ Tournament

The aim is to score as many points as possible by placing their set of coloured balls closest to the jack (white ball). **3v3. Each player throws 2 balls (their team colour)**

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

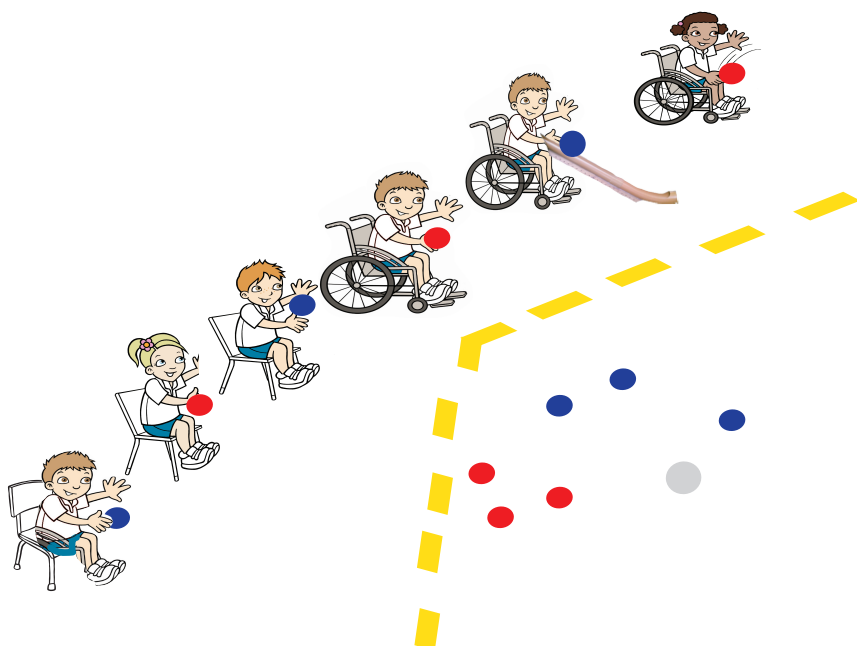
Blue throw 2nd

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

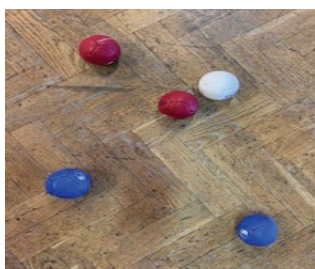


**Rules Strategies and tactics (RST):**  
**How can you use what you have learned in the lesson today?**

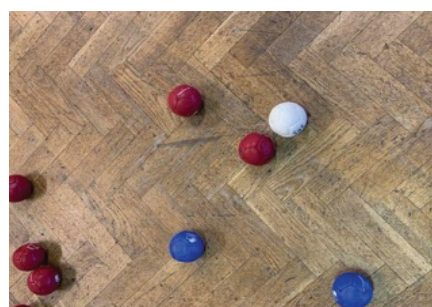
**Can you work as a team to try and discuss tactics for attacking and defending?**

**Do you have individual members who are stronger at different types of shots?**

## Set up:



Score a point for each ball closer than the other colour e.g 2 points Red. The two reds are closer to the jack than the blues



Zoom in to see who is nearest to the white (jack)

### 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 Bocchia?*