

BOCCIA LESSON 5 KS1

Learning Intention: *How can you defend your area?*

- I can try and knock the other teams ball off their area/ship
- I can sometimes knock the other teams ball off their area/ship
- I can get the ball onto my ship and confidently knock the players ball off their ship

Starter: Watch the video to see what Boccia is...

<https://www.youtube.com/watch?v=itPWqcx7xBg>

EQUIPMENT:

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 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



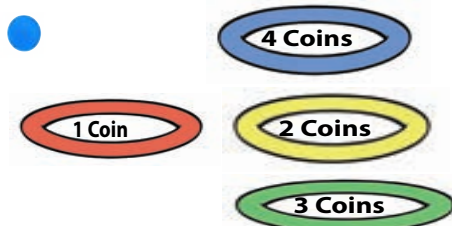
ACTIVITY 1: Collect the treasure

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

Recap of prior learning: How can you aim into the hoops to score points?

1. Children to aim into the hoops/targets- How many coins can they get?

When throwing, try to release the ball when the hand is extended towards the target. Then point your fingers in the direction of the pass.



Make it harder: Add a spot as a target. Can the Children aim for it?

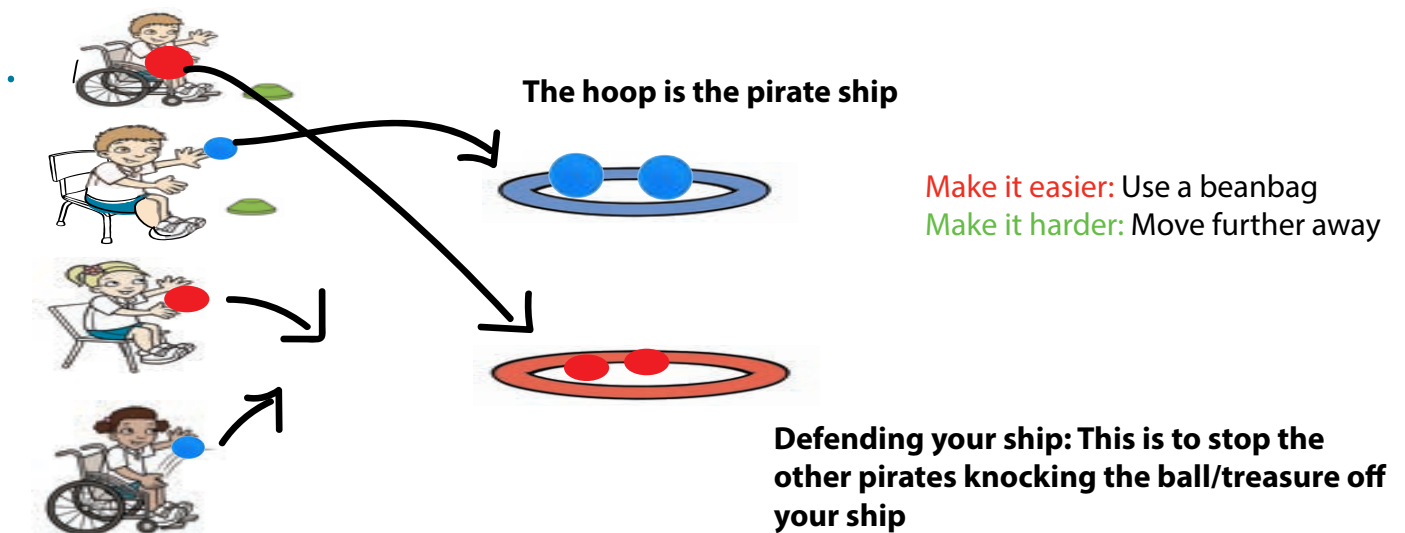
Make it easier: Use a beanbag

ACTIVITY 2: Get the treasure home

Set up 2v2 or 3v3. e.g 2 blue and 2 red **or** 3 blue and 3 red

- 1) Children are to aim towards their own pirate ship (getting their treasure onto their ship)
- 2) Children can also propel/throw the ball towards their opponents pirate ship, trying to knock their ball off their ship
- 3) Score by counting the balls/beanbags in your coloured hoop/pirate ship. Whoever has the most balls on their ship (hoop) wins

Tactics: Is it better to aim for your hoop or (pirate ship), or attack your opponents?



COOL DOWN

Repeat the warm up – slower paced.

How did you stop the pirates taking your treasure off your ship?