

Learning Intention: *How can you improve your shot placement?*

**I can begin to place a ball near a target**

**I can place/land a ball near a target at various distances**

**I can place a Boccia ball near a target at various distances at different angles**

**Key words: LUP, Shot, Placement, 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.

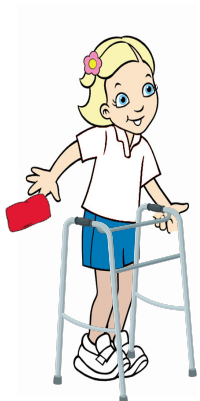
Teacher calls No. 1: Children to throw and catch the ball

Teacher calls No. 2: All Children do star jumps or arms claps

Teacher calls No. 3 : All Children sprint on the spot or use fast arms /arm

**Make it easier:** No ball or use beanbag

**Make it harder:** Throw to a partner



## ACTIVITY 1: Boccia Snooker fun

**Q&A: What is shot placement called in Boccia? It is called a LUP. A LUP is a shot played to deliver a ball in a specific area.**

**In Pairs 1v1 - Set up as below. Use hoops or print & laminate A3 snooker balls.**

### Game 1:

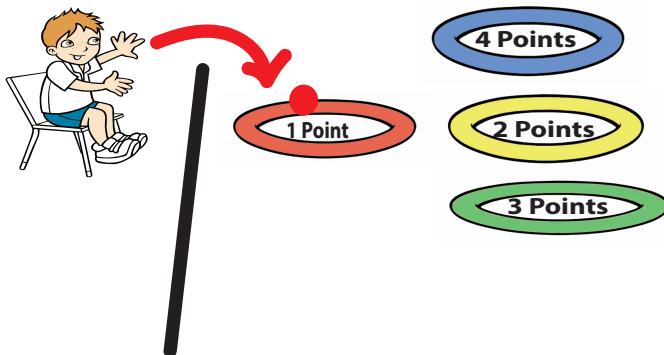
1. Children are to aim for the red target first
2. After hitting the red target, they can then aim for any other colour
3. Each time they hit the colour - they win the points allocated to them
4. Children to take it in turns and add up their scores

**Important-** if they miss the red target - the next player goes.



**Q & A: How can you improve your shot placement?** Aim for the closer targets first, then progress on to aiming for targets further away from you. Practice different shots

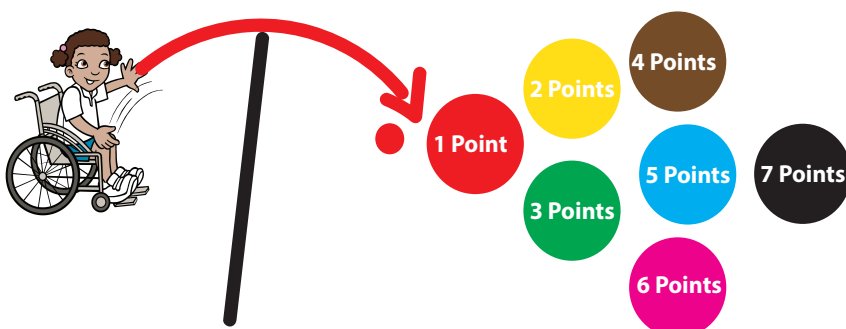
### Set up Hoops



**Make it easier:** Move nearer, use beanbags  
**Make it harder:** Move further away

**Game 2 :** Throw in order of colour...  
Red, Yellow Green, brown, Blue, Pink, Black

### Set up with snooker balls:



**Game 3 :** You have to get a red then colour, red then a colour, red then a colour and continue this until you miss.

## Extension: Noughts and crosses

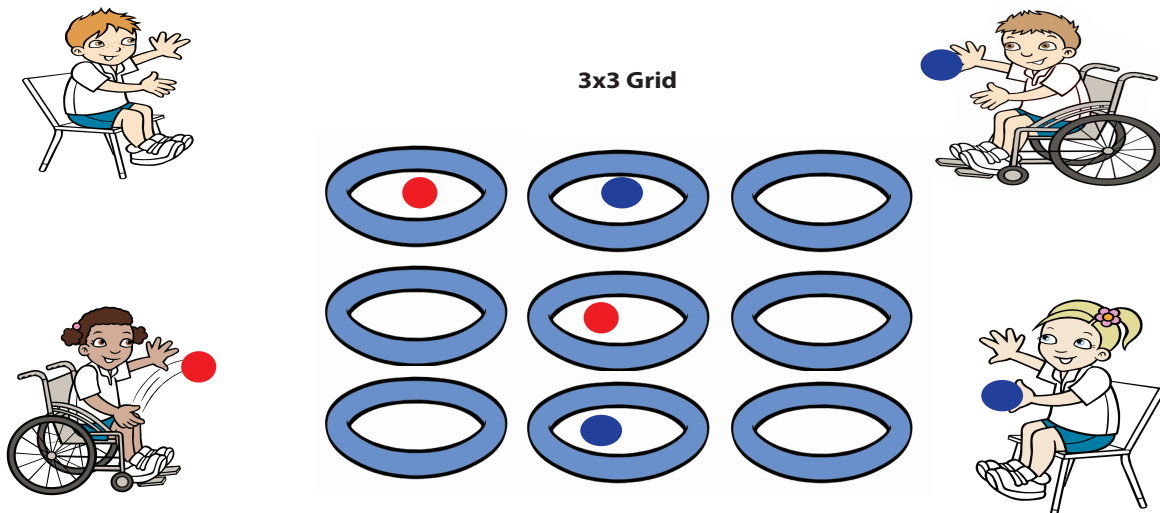
### 2v2 - set up as show cones 1-2 metres apart

1. Each child gets 2 balls/beanbags
2. Team to take it in turns e.g. Team A, then Team B
3. Players have to get three balls in a row to win (either diagonally or straight)

**Make it easier:** Move nearer, use beanbags

**Make it harder:** Move further away, or add extra hoops

Q&A: What strategies can your team use to win the game?



### COOL DOWN

Repeat the warm up – slower paced.

What was your favourite part of the lesson? What is a LUP? How did you improve your placement?