

Learning Intention: *How can you improve your aim?*

I can aim a ball/beanbag towards a target

I can aim a ball/beanbag with control and sometimes hit the target

I can aim the ball/beanbag with good control and hit the target most times

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

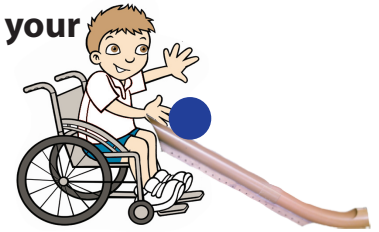


ACTIVITY 1: Knock Out

Q&A: How can you get close to the target in Boccia. Aim slightly in front of the target (spot). Release the ball - fingers pointing towards the target.

In Pairs 1v1 - Set up as below: Cones 1-2 metres away from your partners spots

1. Try to land your ball on your partners spot
2. First one to land it on both spots wins.
3. Start the game again.

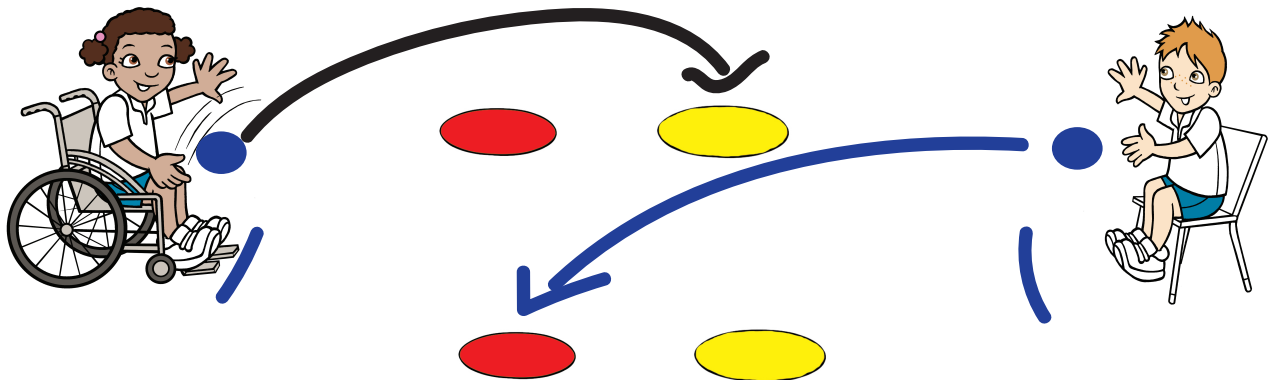


SEND support: Use a chute

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

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

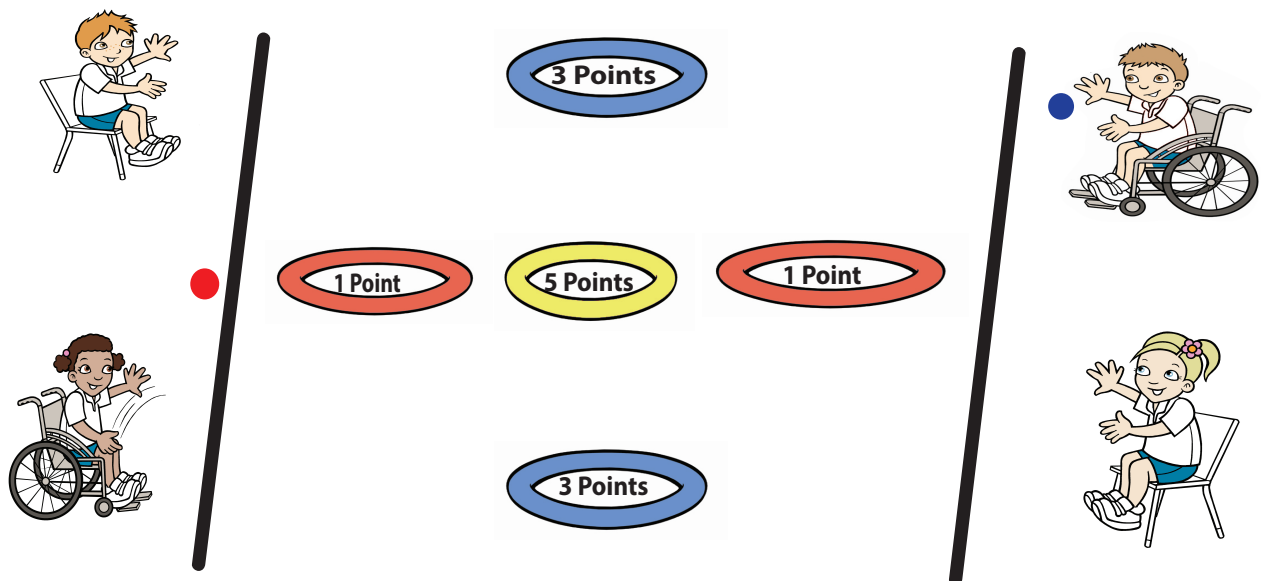
ACTIVITY 2: Aim High

2v2 - Set up as shown below. You can use hoops or laminated numbers.

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

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?