

Learning Intention: *How can you perform a block in Boccia?*

I can attempt a block

I can stop my opponent from scoring by using a block

I can communicate with my team to consistently block the opposition

Key words: Block, Shot placement, propel, back spin, extend, flick, accuracy

EQUIPMENT:

Equipment and resources needed:
 Hall marked in basic boccia court
 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 **"Speedy FUN"**: Children find a throw down strip and either...

Jump over it with two feet, just like a speed bounce (20 seconds)

or

Move wheel chair over the line, forwards and backwards (20 seconds)

or

Move the front of frame over the line, forwards and backwards (20 seconds)

Move around the room again and call **"Speedy FUN"** repeat until warmed up



Make it easier: Decrease time
Make it harder: Increase time



Challenge: Can they count their scores?
 Can they repeat and beat their own score?

ACTIVITY 1: Caterpillar

Q&A: What is a Block in Boccia? A tactic designed to limit an opponent's ability to score. This is a way to defend in the game.

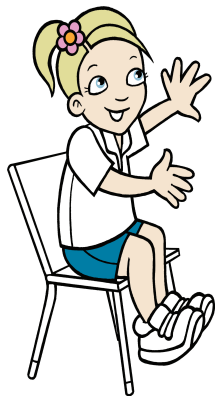
- 1) The aim of this game is to make a long caterpillar with the boccia balls/beanbags
- 2) Throw the first ball (1-2 metres away)
- 3) The next ball has to land behind it (like a block)
- 4) Then, the next one behind that and so on...

How long can you make the caterpillar?

Make it easier: Move nearer, use beanbags

Make it harder: Move further away

Challenge: Can you change the angles you are throwing?



ACTIVITY 2: Boccia Game

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

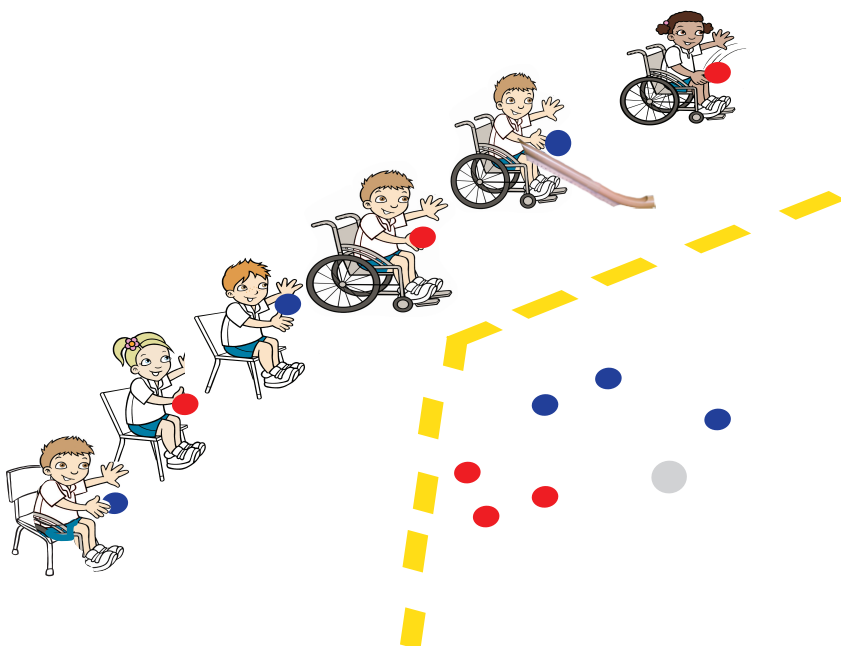
Blue throw 2nd

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

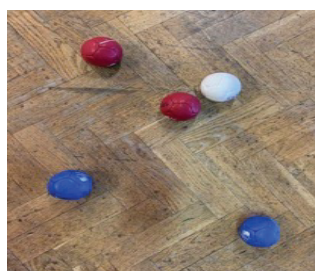


Rules Strategies and tactics (RST):

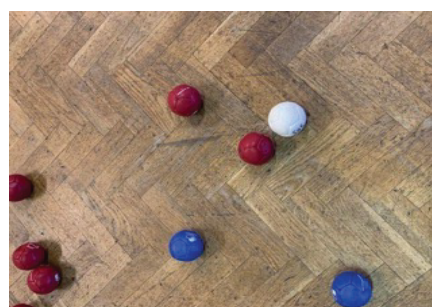
How can you use what you have learned in the lesson today?

Can you work as a team to try and block your opposition?

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? Did you manage to block the opposition? What strategies and tactics did you use to do this?