

BOCCIA LESSON 1 KS1

Learning Intention: *How can you throw a Boccia Ball?*

I can roll a boccia ball

I can throw a boccia ball underarm

I can throw a boccia ball over arm

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

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

EQUIPMENT:

Boccia balls/bean bags
Hoops
Beach Balls
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 "FREEZE!" - Children to freeze

Teacher calls a number - Children are to find a group

For example, if number 2 is called - Children find a partner
If number 3 is called- Children get into threes

etc.



ACTIVITY 1: Experiment with different ways of throwing a Boccia Ball

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

1. Can they experiment with different ways of throwing under arm?
2. Can they experiment with different ways of throwing over arm

Safety: Ensure you are not throwing when your partner is collecting a ball



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



Make it easier: Use a beanbag

ACTIVITY 2: Pick up the stepping stones

In Boccia we can throw the ball in different ways.

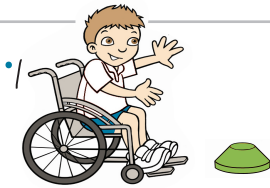
In pairs;

Make it easier: Use a beanbag

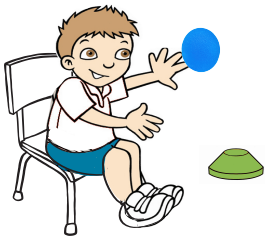
Make it harder: Move further away

- 1) Can you try and throw the ball **over** the hoop?
- 2) Can you try and throw the ball **into** the hoop?
- 3) **GAME:** 1 point if it stops just **over** the hoop and on to the spot
3 points, if it stops **in** the hoop

SEND Support: Use an assisted device e.g. chute and a throw-down spot



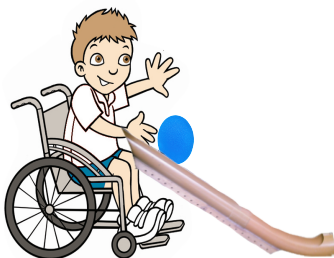
Over hoop



Q&A: What is the best way to get it into the hoop?

Can you try it again and point your hand at the target when you throw?

Does this help you to get the ball/beanbag into or on the target?

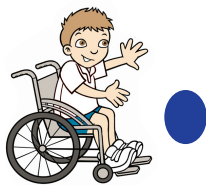


Some pupils may not be able to throw the ball a great distance – use an assisted device (chute) if required, (in competition this is only allowed for non throwers)

ACTIVITY 3: Propel the ball

GAME: 2v2. Move the beach ball.

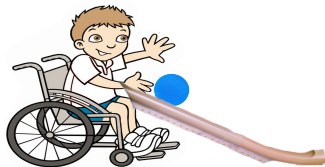
Take it in turns to throw at the beach ball. Which team can be the first to get the beach ball past the other?



Q&A: What are the best ways to throw the ball?

Make it harder: Make the ball in the middle smaller

Make it easier: Move closer to the ball. Use beanbags



SEND Support: Use an assisted device e.g. chute and a throw down spot

COOL DOWN

Repeat the warm up – slower paced.

What was your favourite part of the lesson? What different types of throws did you use today when playing Boccia?