

Prior Learning: In both target games (Boccia and social dodgeball) in KS1 children learned how to throw in a variety of ways with control. They also learned to aim from various distances. They learned how to attack a target and score points. They also learned how to defend an area through some fun adapted games.

Key Skills

Physical Me

Throw **Rotate**
Push **Balance**
Aim **Control**
Propel **Precision**
Co-ordination

Value Me:

- Teamwork
- Respect
- Perseverance

Thinking Me

- Decision making
- Evaluate
- Improve

Social Me

- Communication
- Encourage
- Collaboration

Key Knowledge

Placement- Throwing the ball into an area of advantage.

Control - Is throwing the ball/bean bag with correct power and accuracy to be effective in a game

Evaluate- If you want to do better and improve, you should assess your individual and team performance

A KOFF/ Knock-Off- A shot in which the player pushes their own ball closer into a target area e.g. jack ball or scoring space

Tactics - Actions and strategies planned to achieve an end goal – in Boccia the goal is to win!

Boccia:

Boccia (pronounced bot-cha) is a Paralympic sport and is similar to bowls.

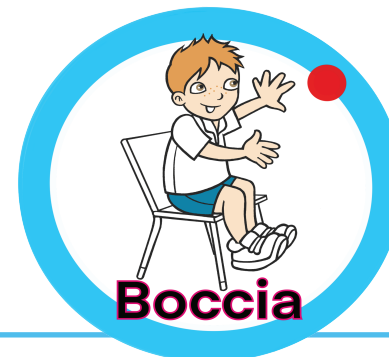
It is a target ball sport which tests both muscle control and accuracy.

The term 'Boccia' comes from the Italian word meaning 'bowl' and on the continent bowls is often referred to as 'Bocce.'

The basic principle of Boccia is to throw the balls as close as possible to the target. Players can play boccia against each other: Individually (one against one, each player has 6 balls.

In pairs (two against two, each player has 3 balls)

In teams (three against three, each player has 2 balls)



Key Vocabulary

Accuracy

KOFF

Propel

Back-spin

Evaluate

Extend

Tactics

Flick

LUP