



BOCCIA CHALLENGE

DATES 3rd – 7th May

THEME

These events are non-competitive and focus on targeting pupils who benefit from being physically active.

EVENT / CHALLENGE

Three fun Boccia activities focussing on these skills – target throwing.

YEAR GROUPS

Year 3,4,5 & 6

WHERE?

Why not try each of the challenges in PE lessons, before putting together a Mini-Olympic themed festival where pupils compete in an intra-school competition?

LEADERSHIP OPPORTUNITIES

Engage leaders by:

- Using leaders to lead part of the session (warm up/cool down).
- Using leaders to demonstrate tasks.
- Using leaders to time the activities.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.

GETTING STARTED

1. Familiarise yourself with the activities.
2. Gathering any equipment that you may need.
3. Make any adaptations needed (see below).
4. You may want to keep track of the pupils scores for each challenge or just allow pupils to focus on achieving their personal best. We will not ask for any scores to be submitted back to us.



VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the School Games values.



Determination - Never giving up on trying to achieve your goals. Putting in 100% even at difficult times and being the very best you can be.



Passion- Giving it 100%, putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Respect- For the referee, for the opposition, for your teammates and for yourself. Treating others politely and with understanding.



Honesty- With others and with yourself. Have the courage to do what you know is right.



Self-Belief- Have belief in yourself, the confidence to succeed and reach your personal best.



Teamwork- Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and be a positive team player.



CHALLENGE 1 SCORING ZONE

This is a game offering a larger target to players to help them focus and use different types of aiming.

Equipment required

- Boccia balls, or bean bag
- A large target (this can be marked out with cones, or you can draw it out)

Health and safety

- Play towards the wall, away from other players.

How to play

- Use a large floor target or mark a target on the floor.
- Each player in the team is given the same number of balls and their top three scores are added together.
- Add all the individual scores together to get a team total

THINK INCLUSIVELY (STEP)!

- ⇒ **Space** - Increase or decrease the number of attempts at the target
- ⇒ **Task** - Increase or decrease the number of attempts at the target.
- ⇒ **Equipment** - Increase or decrease the number and size of the targets. Use a bench on its side to channel the balls to their targets.
- ⇒ **People** – Mix abilities in pairs and rotate so winners play together. Play in a circle formation around the target as well as the traditional boccia line-up or play from both ends.

TOP TIPS

- ⇒ **Physical me** - When throwing, decide whether holding the ball with palm up or a backhand grip is best for you. Experiment with the ramp and see what works best. Release the ball when the arm is extended towards the target.
- ⇒ **Social me** - Leading and volunteering - Take turns at score-keeping for each game. A team leader for each group can ensure that everyone collects equipment before and after the game
- ⇒ **Thinking me** - Can I get the ball near the middle in different ways? What is the risk of going for the high-scoring targets?
- ⇒ **Sporting me** - I will try really hard to make my last ball as good and effective as my first.
- ⇒ **Tactical me** - How will my last shot be different from my first? How could I make it harder for the other team to score?

CHALLENGE 2 – BEACH BLAST

This challenge helps players to develop strong and accurate ball propulsion. Players aim at a beach ball placed in a target hoop or circle; the object is to knock the beach ball out of the hoop/circle.

Equipment required

- Boccia balls (or equivalent).
- Hoop or hoops (enough for each playing area). Chalk or marker discs can be used to make the target circle if required.
- Beach balls (or similar lightweight ball).

Health and safety

- Ensure that no spare or loose balls are left lying around the playing area.
- Make sure that players wait their turn and always throw in the same direction towards the target.

How to play

- Position a hoop, or mark a circle, between the v line and the back of the court.
- Place a beach ball (or similar lightweight ball) in the hoop/circle.
- Players take turns to propel boccia balls in order to knock the beach ball out of the hoop/ circle; one point is awarded to the player/team for each successful hit.
- The team with the most points after an agreed number of 'ends' (rounds where everyone plays one ball) wins!

THINK INCLUSIVELY (STEP) !

- ⇒ **Space** - A number of playing areas can be set up depending on numbers and available space. The distance to the target can be varied depending on ability and success rate.
- ⇒ **Task** - Try propelling the ball in different ways; for example, throwing forehand or backhand, rolling, or using the foot (where appropriate). If the boccia ball remains in the hoop after knocking the beach ball out, score an extra point!
- ⇒ **Equipment** - Use different-sized target balls to challenge the players; for example, smaller ball scores more points for a hit.
- ⇒ **People** - Play in a circle formation around the target as well as the traditional boccia line-up. Provide sound cues (a caller positioned behind the target, for example) for visually-impaired players.

TOP TIPS

- ⇒ **Physical me** - When throwing, decide whether holding the ball with palm up or a backhand grip is best for you. Release the ball when the arm is extended towards the target.
- ⇒ **Social me** - Leading and volunteering - Take turns at score-keeping for each game. A team leader for each group can ensure that everyone collects equipment before and after the game.
- ⇒ **Thinking me** - Do I need to re-position my chair in order to propel the ball cleanly?
- ⇒ **Sporting me** – School Games Value - Passion - How do I feel when I hit the beach ball?
- ⇒ **Tactical me** - When throwing, is it best to aim at the circle or just in front?

CHALLENGE E – BOCCIA GOLF

A fully accessible set of holes is designed by the players and then rounds of golf are played using suitable equipment.

Equipment required

- Boccia balls.
- A range of PE equipment.

Health and safety

- Stay out of the playing area when balls are being thrown.
- Consider the layout of the course to avoid players being hit.

How to play

- Set up a number of target 'holes'.
- Obstacles can be placed around the course, e.g. mats for bunkers and hoops for water.
- Players work their way round the course trying to finish with the lowest score, as in golf, e.g. straight in = a hole in one.
- Penalty shots can be awarded for hitting trees or landing in the water.
- All individual scores are added up into one team score.

THINK INCLUSIVELY (STEP) !

- ⇒ **Space** - Increase or decrease the number of holes and the distance away from the start.
- ⇒ **Task** - Decrease or increase the level of difficulty for each hole. Set each player a maximum number of turns for each round.
- ⇒ **Equipment** Make the holes bigger or smaller. Use equipment that is easier or harder to throw and stop.
- ⇒ **People** - Use ready-made score cards. Introduce a handicapping system.

TOP TIPS

- ⇒ **Physical me** - Aim in front of the target and let the ball roll. If using a ramp, adjust the gradient of the ramp, e.g. a steep incline makes the ball travel further. Practise different methods of release, e.g. overarm, rolling, backspin. Concentrate and focus before releasing the ball.
- ⇒ **Social me** - Leading and volunteering - Equipment managers could design the course and make a picture of it to copy at some other time. Media could take photos of players playing.
- ⇒ **Thinking me** - How can I improve my accuracy? Do I prefer to aim for near or far targets? How can I vary the speed and release of the ball?
- ⇒ **Sporting me** – School Games Value – SELF-BELIEF - If I set myself a target for a hole, I know I can achieve it.
- ⇒ **Tactical me** - I need to think really carefully about how to play the obstacles around the holes.



CLASS RESULT SHEET

	Pupil Name	Team	Scoring Zone	Beach Blast	Boccia Golf
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PUPIL RECORDING SHEET

<u>STATION</u>	<u>BEST SCORE ACHIEVED</u>
Scoring Zone	
Beach Blast	
Boccia Golf (Individual Lowest Score)	

PUPIL RECORDING SHEET

<u>STATION</u>	<u>BEST SCORE ACHIEVED</u>
Scoring Zone	
Beach Blast	
Boccia Golf (Individual Lowest Score)	





HOW TO ENTER

As this is an **ENGAGE** themed event, we do not ask schools to submit pupils scores. We do however ask schools to complete the monitoring form on our website to let us know how many pupils took part in the challenge. **The deadline for submission is Friday 28th May.**

SCORING/ CERTIFICATES

Each time your class takes part in a weekly challenge don't forget to fill in the class recording sheet.

Schools will be sent a participation certificate for each pupil that has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated any of the **School Games Values.**

RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

SAFEGUARDING

During the North Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

COVID 19

The North Norfolk SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.

