BOCCIA/ TARGET THROW CHALLENGE

DATES 3rd May- 28th May

THEME

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

EVENT/ CHALLENGE

1. Boccia –Scoring Zone
2. Boccia –Beachball Blast
3. Boccia - Golf

YEAR GROUPS

Year 1-6

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).
- Using leaders to time the activities.
- Using leaders to deliver a cool down activity.
- Using leaders to record results.
- Using leaders to take photographs for use on social media to celebrate school involvement in the School Games.
- Using leaders to demonstrate tasks.

SCHOOL GAMES VALUES

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

Determination- Trying hard in all challenges to get a better score than last time.

Passion- Showing passion for your team by being enthusiastic to take part and always supporting others.

Respect- Pupils are encouraged to respect the opponent and team-mates alike but most of all to respect the leaders.

Honesty- Always telling the truth and admitting if you are wrong.

Self-Belief- Being brave and taking on a new challenge. Having the confidence to try something new.

Teamwork- Individual performances add up to team success so it is important that all pupils work as a team.

SOUTH NORFOLK
SCHOOL SPORT PARTNERSHIP

3 Boccia Challenges

1. Each group rotates through the three throwing events.
2. Consider setting up more than 1 playing area for each event, if possible, as this will help to keep all children active
3. Set up each game safely ie zoned areas for each activity, ensuring all groups are throwing away from each other, and waiting players stand behind 'a safe line' (marked out with a line of red cones, or similar).
4. These activities are, ideally, played by teams, but can be used as 'personal challenges'.
5. The scores for each individual/team should be recorded for each event

Equipment required – see each challenge for specific equipment

- Boccia Balls or equivalent e.g. beanbags
- Large floor target (cones or floors spots can be used or target can be drawn)
- Chalk or marker discs
- Beach balls, or similar lightweight balls
- A range of PE equipment (obstacles for Boccia Golf) e.g. hoops, cones mats.
- Score sheets

Think inclusively!

Space - A number of playing areas can be set up depending on numbers, and available space.

Task – Try propelling the boccia ball/bean bag in different ways, e.g. throwing forehand or backhand, or rolling, or using the foot (if appropriate)

Equipment- Boccia balls, or alternative throwing equipment to allow comfortable grip i.e. beanbag, rolled up socks (avoid use balls which bounce).

People- Use visual markers to support visually impaired pupils, some events may need simple considerations or adaptions to enable disabled/ SEN students to participate

GETTING STARTED

1. Familiarise yourself with the Boccia Resource Cards.
2. Set up the challenges in a carousel if space allows.
3. Allow the pupils to practice throwing the Boccia Balls/Bean Bags.
4. You might want to score the pupils and record their final score for each challenge or allow pupils to focus on achieving their personal best.

LINK FOR BOCCIA RESOURCE CARDS

https://media.yourschoolgames.com/documents/sport-format-resources/Boccia_Level_1_Primary_Challenge_Card.pdf

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 entries is Friday 28th May.**

SCORING/ CERTIFICATES

Each time your class takes part in a weekly challenge reward pupil with a class star sticker on a class recording sheet.

Schools will be sent a participation certificate for each pupil who has taken part in the summer term challenges. Schools can also request a sportsmanship award certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual event.

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

COVID 19

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

CHALLENGE 1: Boccia in the Scoring Zone

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

GETTING STARTED

■ 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 team score together to get a team total

EQUIPMENT REQUIRED

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

■ Increase or decrease the distance between the targets and the players.

■ Increase or decrease the number of attempts at the target.

■ Increase or decrease the number and size of the targets.

■ Use a bench on its side to channel the balls to their targets.

■ Mix abilities in pairs and rotate so winners play together.

■ Play in a circle formation around the target or in the traditional boccia line.

REMEMBER TO AWARD SCHOOL GAMES VALUES

CHALLENGE TWO : Boccia Beach Ball 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.

GETTING STARTED

- Position a hoop, or mark a circle, in the middle of your playing area.
- 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 throws per team or individual.

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).
- A score sheet

THINK INCLUSIVELY

- 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.
- 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!
- Use different-sized target balls to challenge the players; for example, smaller ball scores more points for a hit.
- 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 eg. For visually-impaired players.

REMEMBER TO AWARD SCHOOL GAMES VALUES

CHALLENGE THREE   BOCCIA – GOLF

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

GETTING STARTED

■ Set up a number of target 'holes' & use 'spots' for the 'Tee off' at each hole.
■ 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.
■ All individual scores are added up into one team score.

EQUIPMENT required

■ Boccia balls.
■ A range of PE equipment, eg hoops, mats, cones, floor spots
■ Score sheet

THINK INCLUSIVELY

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

RESPECT   HONESTY   DETERMINATION   TEAMWORK   PASSION   SELF BELIEF

REMEMBER TO AWARD SCHOOL GAMES VALUES

TEAM SCORE CARD

Class	Team Names	Boccia – Scoring Zone	Boccia – Beachball Blast	Boccia – Golf	TOTAL SCORE
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

INDIVIDUAL SCORE SHEET

Class	Pupil's Name	School Games Value	Boccia – Scoring Zone	Boccia – Beachball Blast	Boccia – Golf
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
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32					

REMEMBER TO AWARD SCHOOL GAMES VALUES