Boccia – Beach Ball Blast

Sainsbury's SCHOOL GAMES

Quick introduction

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, 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!

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.

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).

BOCCIA – BEACH BALL BLAST

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.

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.

THINKING ME

Do I need to re-position my chair in order to propel the ball cleanly?
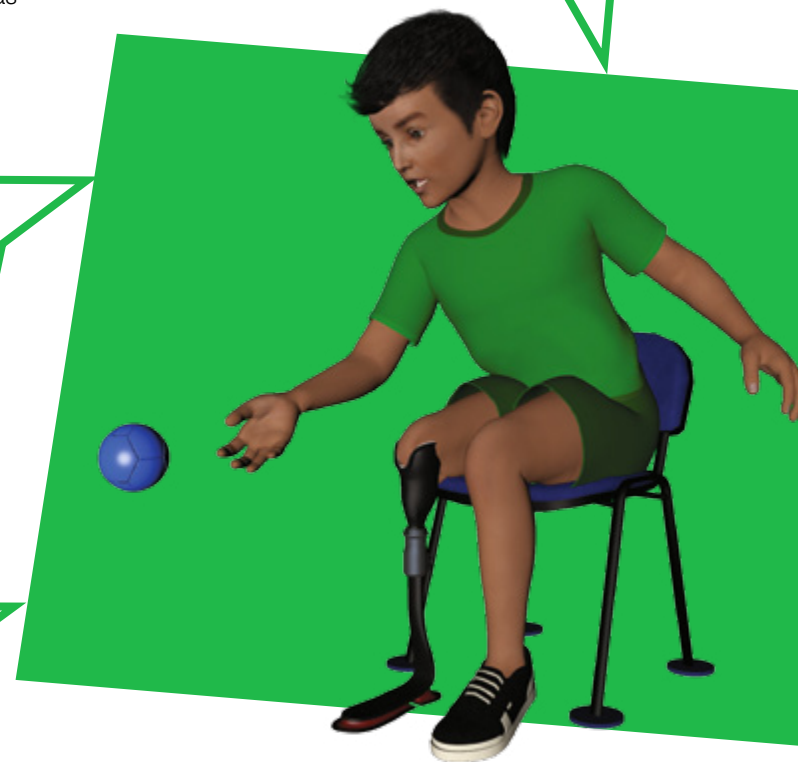
SPORTING ME

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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?

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BOCCIA – IN THE SCORING ZONE

Sainsbury's SCHOOL GAMES

Quick introduction

This is a game offering a larger target to players to help them focus and use different types of aiming. Use as an individual competition or to start a league.

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 scores together to get the team total.

Health and safety

Play towards the wall, away from other players.

Equipment required

- Boccia balls.
- A range of PE equipment.
- Score sheet.

BOCCIA – IN THE SCORING ZONE

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.

Think inclusively (STEP)

Space
- Increase or decrease the distance between the targets and the players.

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.

THINKING ME

- How can I learn from the other balls on the target?
- Can I get the ball near the middle in different ways?
- What is the risk of going for the high-scoring targets?
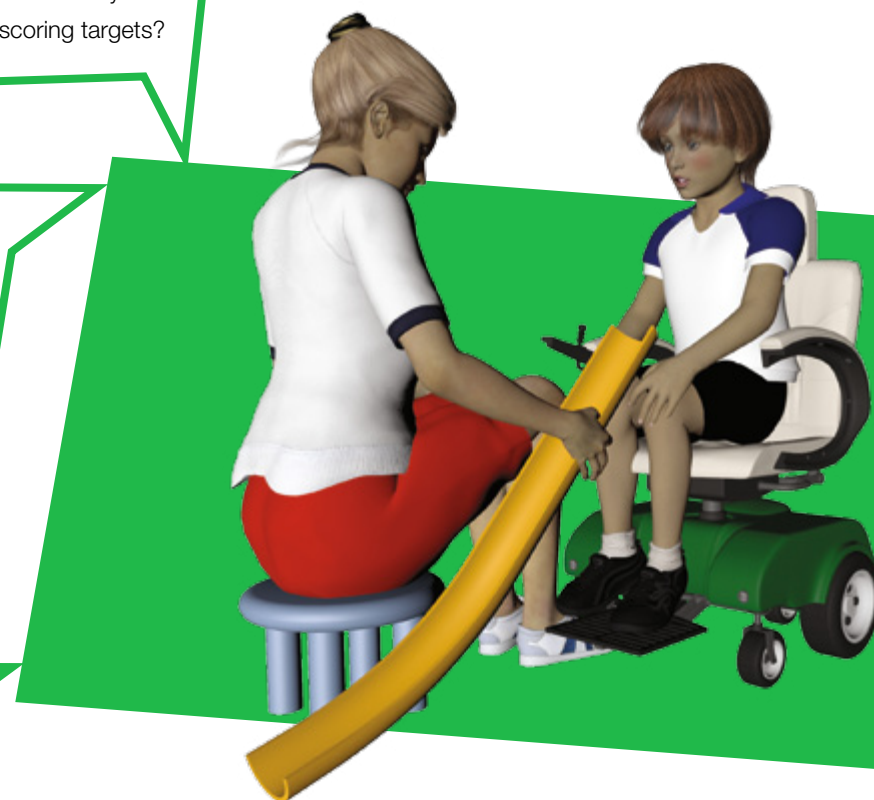
SPORTING ME

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DETERMINATION

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?

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BOCCIA – GOLF

Sainsbury's SCHOOL GAMES

Quick introduction

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'.
- 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.

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.

Equipment required

- Boccia balls.
- A range of PE equipment.
- Score sheet.

BOCCIA – GOLF

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.

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.

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?
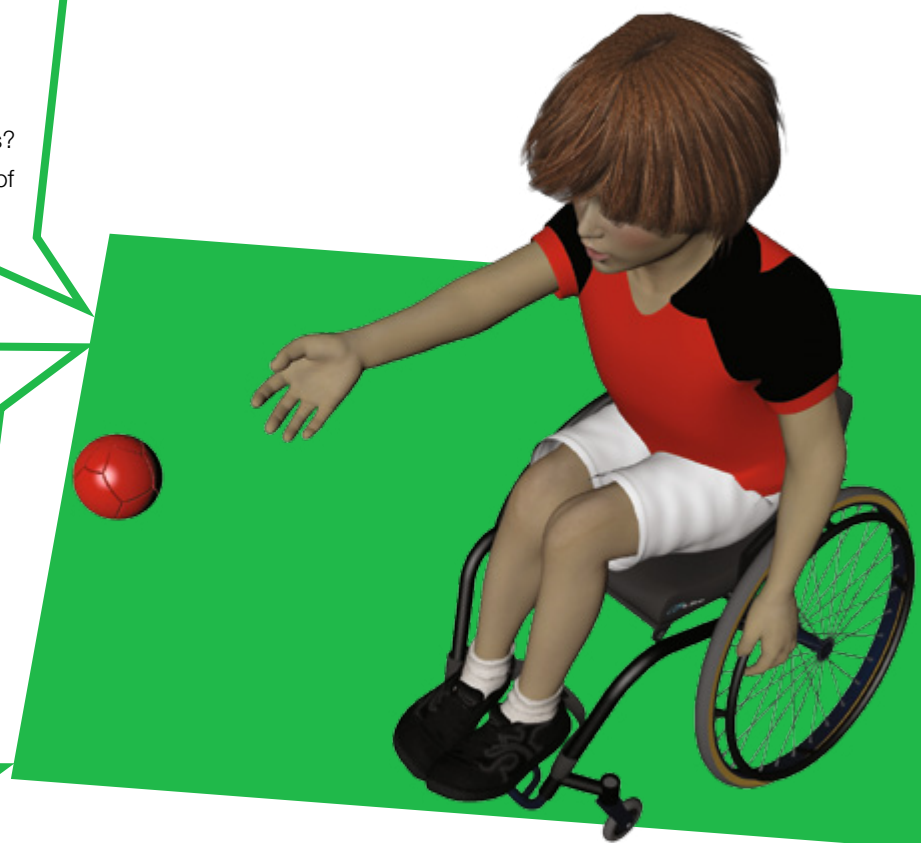
SPORTING ME

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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.

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