

Content outline

This activity aims to recreate the Paralympic target game 'Boccia', using equipment you can find around your home

- Co-ordination
- Control
- Confidence
- Creativity



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



Space

- Increase the distance to the target to increase the difficulty of the task
- Decrease the distance to the target to make the task easier



Task

- Progressively adapt the activity to gradually increase difficulty – start close to the target and move further away when successful
- Practice propelling the ball in different ways to discover a method which best suits the young person (eg. Underarm roll, overarm throw, etc)
- Role-play; One person throws 'blocking balls', the other tries to avoid these to reach the target ball



Equipment

- Use different household items as balls (Eg. Rolled up socks, paper balls, balls of wool)
- If throwing is not an option, improvise a chute using cardboard



People

- A family member can support a young person who has visual / spatial impairments by making a noise near the target (like clapping)
- Play against yourself, or against another family member
- The game can also be played in teams

Learning intention

Physical:

- To develop and refine hand-eye co-ordination skills and spatial awareness
- To develop the basic skills required for Boccia

Personal:

- To learn the rules and tactics of Boccia

Learning questions:

- Where should you throw or roll the target ball?
- What factors influence your choice?
- What creative household items can you use as equipment for this game?
- How does the kind of ball you use affect the game?