

For additional challenges and ideas on how to keep physically active visit the School Sport Partnership [website](#) or your School Games Organiser page on [www.yourschoolgames.com](http://www.yourschoolgames.com)



# BOCCIA

#stayinworkout  
#stathomestayactive



THIS RESOURCE HAS BEEN PRODUCED  
USING RESOURCES AND IDEAS FROM



RESOURCE PRODUCED  
IN PARTNERSHIP WITH



EAST RIDING SSP (WEST)  
hosted by Cottingham High School



GET AHEAD  
PARTNERSHIP  
EDUCATION. SPORT. WELLBEING



The SSP and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.



## BOCCIA

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

### MONDAY MOVERS

! Physical literacy/skills

**Activity overview**  
Through The Gate

**Equipment needed**  
✓ .

**School Games value**



### TUESDAY CHALLENGE

! Links to Numeracy

**Activity overview**  
Rainbow Targets

**Equipment needed**  
✓ .

**School Games value**



### WEDNESDAY WORKOUT

! Links to Literacy

**Activity overview**  
Touch The Rainbow

**Equipment needed**  
✓ .

**School Games value**



### THURSDAY THINKING

! Personal Challenge

**Activity overview**  
Bench Roll

**Equipment needed**  
✓ .

**School Games value**



### FRIDAY FUN

! Virtual Competition

**Activity overview**  
Up and Over

**Equipment needed**  
✓ .

**School Games Value**



Pick a safe area to complete the challenge. A smooth hard surface is best for Boccia. A living room carpet, kitchen tiles or laminate wood flooring all work! If it's a nice sunny day, you can even play these activities outside on a patio or grass lawn.

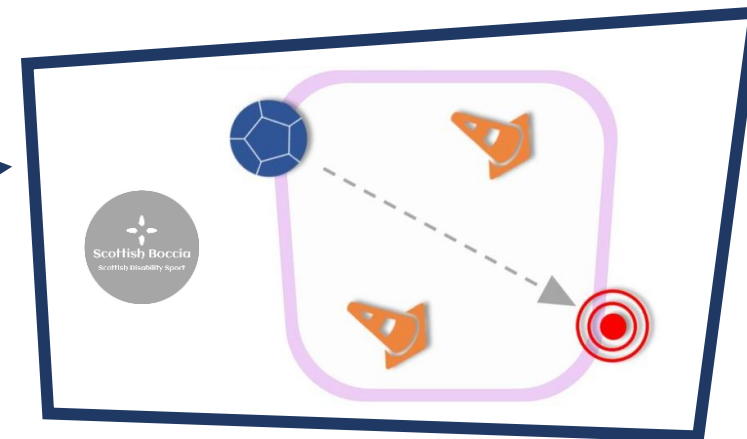
## BOCCIA

### MONDAY MOVERS

! Physical Literacy/Skills



30mins



#### ACTIVITY

##### Through the Gate

- Create a playing court with two throwing areas. If you're practicing alone you'll only need one.
- Make a 'gate' using two markers, make this as wide or as narrow as you wish.
- Place a 'target' behind your gate using a flat object like a door mat, table cloth or paper.

##### Challenge

Players to try and roll or throw their balls/socks, using an underarm action, to go through the 'gate' and land on their 'target' area.

- 1 point for throwing your ball/sock
- 2 points for throwing the ball through the gate
- 3 points for getting the ball through the gate and onto the target area. It must stay on the target area – if your ball hits the target but finishes off the target that doesn't count!

**Highest score wins after all balls have been thrown by player(s)**

#### EQUIPMENT NEEDED

- 6 or 12 balls (rolled up socks)
- Two Markers (empty toilet rolls, food tins, water bottles)
- Target Area (scrap paper, door mat, table cloth..)



How can you demonstrate determination throughout this challenge?



#### TECHNICAL / TACTICAL

Tactics play a huge part in Boccia – a tactically placed ball could block your opponents pathway through the gate and target area!

#### MAKE IT EASIER

Make the gate wider  
Make the target bigger

#### MORE OF A CHALLENGE

Make the gate narrower or target smaller  
Make it more competitive by setting a challenge such as 'who can score the highest points in 30 seconds'

#### MAKE IT INCLUSIVE

Boccia is a fully inclusive sport. Ramps can be used for those who need them. Ensure targets are clearly visible.

#### LEAD OTHERS

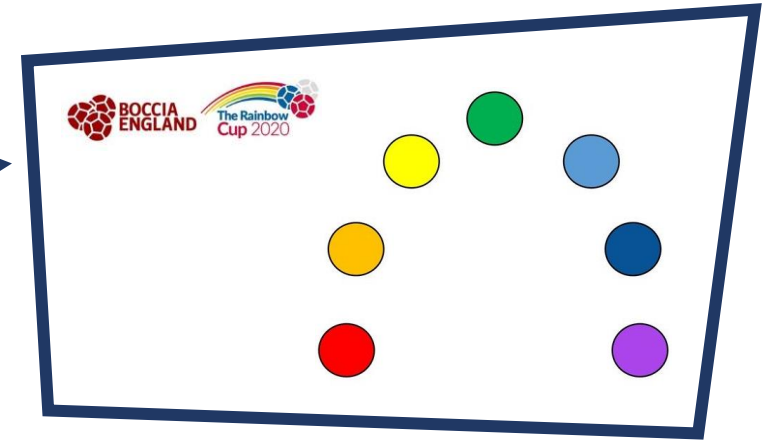
Create your own additional challenges and rules to play with your family or friends.

### TUESDAY CHALLENGE

! [Links to Numeracy](#)



30mins



#### ACTIVITY

### Rainbow Targets

Set up 7 targets, one for each colour of the rainbow.  
 Targets need to be flat and placed as shown in the diagram  
 Each target has it's own points value  
 Add up the total number of points you score after  
 throwing all 7 balls  
**The maximum points you can score is 28!**

- **Red** = 1 point
- **Orange** = 2 points
- **Yellow** = 3 points
- **Green** = 4 points
- **Blue** = 5 points
- **Indigo** = 6 points
- **Purple** = 7 points

#### EQUIPMENT NEEDED

- 7 coloured flat markers
- 7 balls (rolled up socks)



How can you demonstrate determination throughout this challenge?

#### ! TECHNICAL / TACTICAL

In a game of Boccia, the white jack can be positioned anywhere on the court. Far away, close to the edge or nearer your opponents. This game will help you practice throwing in different directions!

#### MAKE IT EASIER

Place the targets closer to where you throw from  
 Make the targets bigger

#### MORE OF A CHALLENGE

Place the targets further away you throw from  
 Make the targets smaller

#### MAKE IT INCLUSIVE

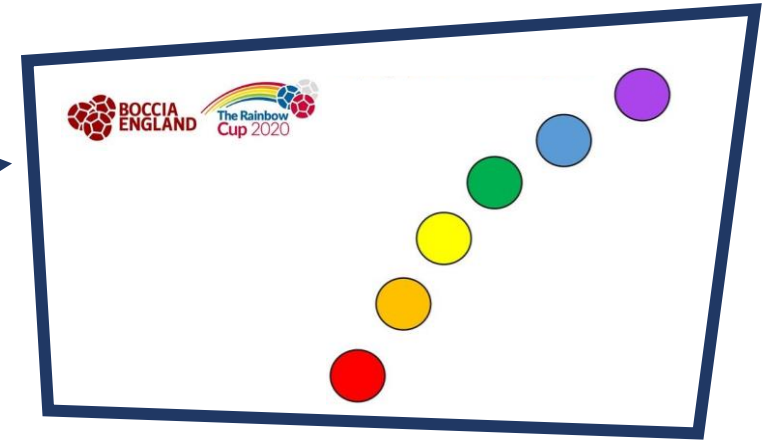
Boccia is a fully inclusive sport. Players can use a ramp if they need to. Ensure your coloured targets are clearly visible. If players have impaired vision, you can adapt to have 7 different noises to identify the targets

#### LEAD OTHERS

Create a different point system for your family or friends



30mins



#### ACTIVITY

### Touch the Rainbow

- Set up 6 coloured targets as shown in the diagram – make sure they're flat
- Players have 8 balls or attempts in this game
- First, try to hit or land on the **RED** target
- Once you have hit or landed on the **RED** target, only then can you go for **ORANGE** and continue that until you've hit or landed on each of the 6 targets or used all 8 attempts – which ever comes first!

- **Red** = A
- **Orange** = L
- **Yellow** = L
- **Green** = E
- **Blue** = B
- **Purple** = H

**Each target has it's own letter value**

**After all 8 balls have been thrown – players have 60 seconds to write as many words down from their collected letters!**

#### EQUIPMENT NEEDED

- 6 coloured flat targets
- 8 balls or rolled up socks



How can you demonstrate determination throughout this challenge?



#### TECHNICAL / TACTICAL

The white jack in boccia can move during a game – this practice will help you adapt distance in your throws!

#### MAKE IT EASIER

Make the targets bigger  
Bring the targets closer to the player

#### MORE OF A CHALLENGE

Make the target smaller  
Move the targets further away from the player

#### MAKE IT INCLUSIVE

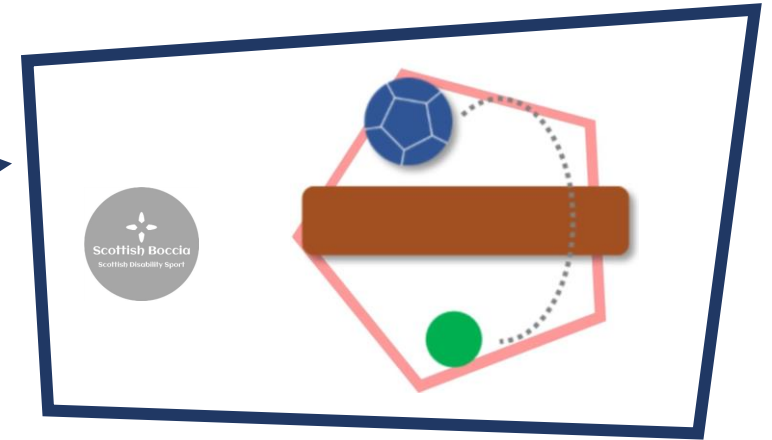
Boccia is a fully inclusive sport. Players can use a ramp if they need to. Ensure your coloured targets are clearly visible. If players have impaired vision, you can adapt to have 7 different noises to identify the targets

#### LEAD OTHERS

Create a different letter value system for your family or friends



30mins



#### ACTIVITY

### Up and Over

Set up your court using an obstacle to block a player from rolling the ball. Your obstacle could be anything – be creative! A target object should then be placed at the other side of this obstacle, between the player and the target.

6 balls per player and follow this scoring system;

- Throwing the ball over the obstacle = 1 point
- Throwing the ball over the obstacle and hitting the target = 3 points
- Throwing the ball over the obstacle and knocking over the target = 5 points

**Highest score wins!**

#### EQUIPMENT NEEDED

- Obstacle – washing up basket, dining chair, cushions...
- 6 Balls per player – rolled up socks
- Target – soft toy, water bottle, food tins.....



How can you demonstrate determination throughout this challenge?



#### TECHNICAL / TACTICAL

A lofted throw is often the best choice to avoid hitting other balls and allows players to put spin onto the ball which can affect the way your ball lands and moves!

#### MAKE IT EASIER

Make our obstacle smaller  
Make your target bigger

#### MORE OF A CHALLENGE

Make your obstacle bigger or introduce more than one  
Make your target smaller

#### MAKE IT INCLUSIVE

Boccia is a fully inclusive sport.

#### LEAD OTHERS

Set up an obstacle and target for younger or older siblings to try out!



30mins

! Physical Literacy



#### ACTIVITY

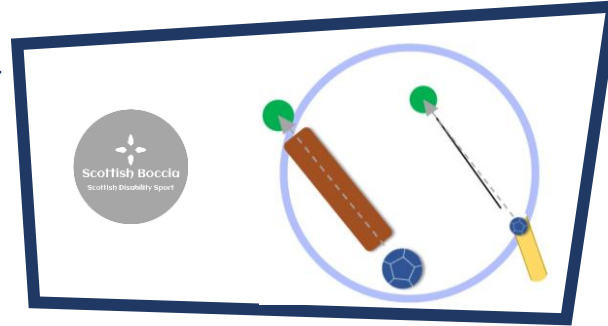
##### Bench Ball

Set up your court with a long 'bench' and a target at the end

Players roll their ball along the bench to hit the target

- **1 point** for releasing the ball
- **2 points** for successfully rolling along your 'bench'
- **3 points** for rolling along the 'bench' and hitting your target

**Highest score wins after 6 balls thrown.**



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat.



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.



Respect for the referee, for the opposition, for your team mates for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.



Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be.

#### EQUIPMENT NEEDED

- Bench (line of books, folded blanket, plank of wood, chalk line drawn outside)
- 6 balls or rolled up socks
- 1 target



How can you demonstrate honesty throughout this challenge?



#### TECHNICAL / TACTICAL

Rolling a straight ball is an essential skill in the game of bocchia. Especially if your throwing towards the end of the game and lots of balls are on the court. They might only be one straight line as a path to the white jack!