

Boccia

Activity age group: 5 - 7



FOR EVERY BODY

BBC



Activity:

Ball in the hall

How to play:

- ▶ Line up chairs in the hall (max six chairs).
- ▶ Participants choose a chair to sit on. Please note: Boccia is played sitting down all the time.
- ▶ Practise throwing/propelling the boccia balls in turn. Try throwing/propelling both underarm, overarm, with your feet and using a ramp if needed.
- ▶ Place the markers on the floor making a central line across the hall.
- ▶ Participants take it in turn to throw/propel their balls onto the floor in front of the line, letting it roll as close to the central line as possible.

Equipment:

- ▶ Large playing area
- ▶ Chairs
- ▶ Boccia balls or a section of balls or beanbags
- ▶ Ramp (if required)
- ▶ Markers, cones, baskets or hoops (for targets or obstacles)

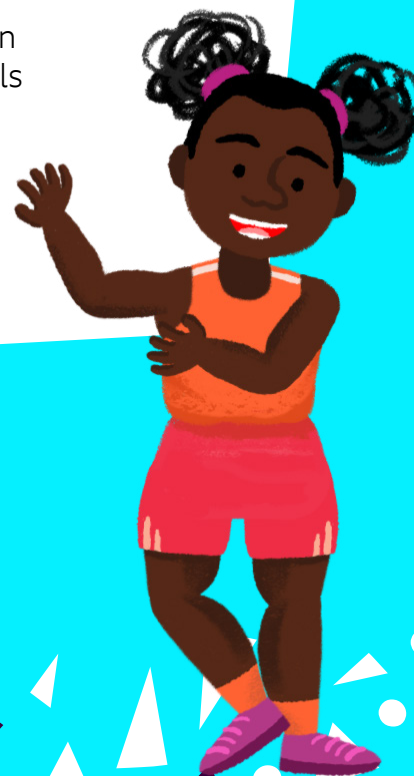
Leading to

Activity:

Target practice

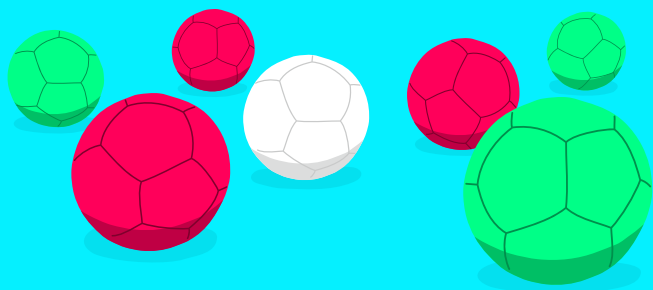
How to play:

- ▶ Set out several targets across the hall floor.
- ▶ Take it in turns to choose the target you want to throw/propel to. Move into position and throw/propel the ball into or as close to the chosen target as possible.



Using STEP:

	Easier	Harder
Space	Use a smaller/narrower space so targets are closer.	Use a larger/wider space so targets are further away.
Task	Use dominant arm/feet to propel the Boccia ball to the target.	Use less dominant arm/feet to propel the Boccia ball to the target.
Equipment	Use larger targets.	Use smaller targets.
People	Play the activity individually to make it easier.	Play the activity as a team and tactically to make it harder.



The above guidance does not have all the solutions, and some specific requirements of individuals may not be addressed. We recommend and encourage you to engage with all participants, observe their needs, and communicate effectively and take a child-centred approach to provide tailored support where necessary.

Specific considerations:

Blind and partially sighted participants:

- ◀ Use high visibility cones or markers.
- ▶ Provide a buddy or guide to clap where the target is placed.

Learning disabled participants:

- ▶ Introduce and demonstrate sections one at a time.
- ▼ Give prompts and reminders during the activity.
- ◀ Use clear and concise instructions.
- ▶ Pair participants up with someone they feel comfortable with and can help the individual access and focus on the task.

Deaf and hard of hearing participants:

- ▶ Give a practical demonstration before the activity begins and when instructions change.
- ▼ Use visual signals or cues like waving a flag or bib to indicate when it is the participant's turn.

Physically disabled participants:

- ◀ Support the participant with a ramp to throw or propel the ball.
- ▶ Use a head pointer to release the ball down the ramp.

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