

LESSON PLAN:

BOCCIA: WEEK 1

LESSON OBJECTIVES: To propel a ball with accuracy and appropriate speed

WARM UP (15 MINS)

• Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

Jog slowly on the spot

Make windmills with hands

Lift leg up and move it back (groin stretch)

Lift leg up to the side and move it forward (groin stretch)

Jog at medium or a faster pace on the spot

• Pupils have a 1-minute rest period before completing all the above challenges again.

TASK ONE (15 MINS)

Through the following activities children should be encouraged to explore the various techniques for delivering balls (or bean bags/tennis or sponge balls) - Sitting Bowling Action; Sitting Kick Delivery; or Ramp Delivery, in order to discover the most successful for them (though adaptations to include retention/release on a ramp may be required for some children).

- Deliver a ball through cones set 2m apart (as a 'gate') starting from 2m away and increasing by 1m each time the child completes three successful attempts, up to a maximum of 10m. If an attempt is unsuccessful return to previous mark before progressing further.
- Deliver a ball towards an existing ladder/hopscotch area, marked with chalk on the ground, or outlined with cones. Players should progress up the ladder from boxes 1–6 in the fewest number of shots possible.

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Delivering 'Beachball blast' mini-competition (max 4 players in a team, distancing encouraged):

- Players sit in a circle and aim at a beach ball placed in a target/hoop; the object is to knock the beach ball out of the target/hoop.
- Players take turns to propel balls in order to knock the beach ball out of the target/hoop; 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!

COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Boccia eqpt loan is available from VRSSP and will be prioritised for groups typically eligible for Boccia comps
- Cones, Boccia balls, other balls, bean bags, beach ball

For more competition related lesson plans please visit

<http://valeroyschoolsport.org/pesupport> or for challenge activities please visit

<http://valeroyschoolsport.org/activity-challenges>

KEYWORDS/PHRASES

- Deliver
- Aim
- Target
- Bowl/Push/Kick
- Release
- Control
- Accurate
- Firm/Hard
- Gentle/Soft

Adaption/Challenge/Homework

Harder	Easier
Place cones closer together	Place cones further apart
Place cones further away	Place cones nearer
In 'Beachball Blast' consider organising groups by ability (via success with/progress through task one) to ensure appropriate challenge	



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LESSON PLAN:

BOCCIA: WEEK 2

LESSON OBJECTIVES: To propel a ball with accuracy and choose shots according to the circumstance

WARM UP (15 MINS)

Place several cones spread away from each other, each pupil stands behind the cone facing the teacher. The teacher gives the following instructions with each being completed for 30 seconds with 30 second move on the spot interval periods between each task. The tasks are:

- Jog slowly on the spot pulling an imaginary rope over your head
- Make windmills with hands
- Jog while punching the air in front of you
- Jog while punching the air above your head
- Jog while punching the air either side of you

• Pupils have a 1-minute rest period before completing all the above challenges again.

TASK ONE (15 MINS)

Through the following activities children should be encouraged to recall the previous sessions exploration of shots/accuracy activities. You may choose to start this part of the session by repeating some of these.

The focus of these new activities is to improve shot accuracy and introduce 'drive' shots.

- Place 2 balls at the opposite ends of a narrow space (about 3m max) – pick up 1 ball and deliver it with the aim of hitting the other. Start with a firm 'drive' shot, then try softer and then softer again (where the first shot or 'drive' would move the ball from it's position and the last one would simply touch the ball without moving it).
- Create a personal challenge where a drive is worth 2 points and a softer touch is worth 1 point. Several rounds of the game will give the opportunity to create and beat a personal best score.

TASK TWO (20 MINS) (ensure that there is a water break beforehand)

Delivering 'In the scoring zone' challenge (can be done individually, in teams or in a league/ladder competition):

- Use cones, existing markings or draw large chalk target on the floor.
- Each child is given the same number of balls and take turns to throw to the target. Their scores are added together. This can also be done as a team where the teams top 3 scores are added together.

COOLDOWN (10 MINS)

- Pupils go back to their cones and choose different stretches that focus on different parts of their bodies.

EQUIPMENT/RESOURCES

- Boccia eqpt loan is available from VRSSP and will be prioritised for groups typically eligible for Boccia comps
- Cones, Boccia balls, other balls, bean bags

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activities please visit

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KEYWORDS/PHRASES

- Deliver
- Aim
- Target
- Bowl/Push/Kick
- Release
- Control
- Accurate
- Firm/Hard/Drive
- Gentle/Soft
- Select/Consider

Adaption/Challenge/Homework

Harder	Easier
Reduce target size	Increase target size
Place target further away	Place target nearer
In 'In the scoring zone' consider organising groups by ability (via success with/progress through task one) to ensure appropriate challenge	



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