

Boccia / Target Throwing

You need brilliant aim and accuracy for this sport!

Information: Boccia is a disability sport and has been a Paralympic sport since 1984.

It is a target sport, so being accurate is really important! As this is played in a seated position, you could either sit on a chair to play or the floor.

To watch some examples or get more information on boccia, you can go on

bocciaengland.org.uk

Equipment:

- Up to 11 x rolled up pairs of socks (or screwed up pieces of paper) – ‘Balls’ - ideally 5 times one colour 5 x another colour and 1 x third colour.
- Flat playing surface
- A Chair or sit on the floor

Activity:

Individually:

- Place a ‘ball’ (the jack) around 5 steps away from you
- Using another ‘ball’ (or sock/paper) using an underarm throw or roll, see how close you can get it to the ball you placed on the floor

Against an opponent:

- To play against a sibling or parent/carer, you would need a few balls/socks each.
- take it in turns to throw one ‘ball’ each then whoever is the furthest away from the jack takes the next throw.
- See whose ball ended up closest to the jack when you have thrown all of them.



Things to think about: the power you are using to throw/roll the ball, as you want it to stop as close to the jack as possible. Aiming towards the jack and following through with your throwing arm to help with your accuracy.

Challenges:

To make it harder you can place the jack further away

Can you play with your non-dominant hand

Can you play blindfolded (you would need somebody else to give you information such as how far you are away from the jack each time).

Questions:

What technique did you find worked for you, rolling or throwing, and why?

Did you play against siblings/adults, and how did you get on?

Other than moving the jack further away, how else can you make it harder?

Let us know how you get on sport@chesswood.w-sussex.sch.uk or @chesswoodschool on Twitter.