

	<b>KS 2, 3, 4 &amp; 5</b>	<b>Activity: Sportability- Boccia</b>	<b>Lesson: 1</b>
<p><b>Objectives</b></p> <p><b>ADS</b> To learn how to throw or roll a Boccia ball towards a target with accuracy and pace</p> <p><b>SASCT</b> Apply these skills to a game</p> <p><b>KUF</b></p> <p><b>EIP</b> – To evaluate your groups technique</p>	<p><b>Warm up – Ladders.</b> Ask the students who they would like to race against and ask them to stand in pairs. Then number each pair. Get them sitting opposite each other with feet together and straight legs. When the game begins they lie down and when their number is called out they get up quickly run and hurdle over the other pairs, who are lying down. The winner is the first to get back to their place and lie down. (10 mins)</p> <p><b>Lesson Objectives shared and an introduction to the different ways to throw the Boccia ball.</b></p> <p>1)Throwing overarm and flinging the ball, getting it to land before the target and release. 2)Bending down and rolling the ball. For both students can also throw with palm or knuckles facing the target (open or closed hand).</p> <p><b>Skill practice</b> - Split the class into two groups and in each group have one half play against each other in the blue or red team or as single players. Swap groups over after 3 games. Less able groups can have a bench placed lying down behind the targets. One group plays with the smooth balls and the other group the softer newer ones. They can feel the difference in both types of balls and they will have to adjust their technique accordingly. (30 mins)</p> <p><b>Game</b> - An introduction to the traditional Boccia game with a JACK. Take the targets away and now get them to apply the pacing, aiming, throwing and rolling techniques to throwing their ball closest to the Jack.(10 mins)</p> <p><b>Peer Assessment</b> – Pupils watch their group and/or peers comment on technique / aim and pace (3 mins)</p> <p><b>Plenary (5 Min)</b> Results of games Question their knowledge of what the game is called, the equipment and the action. Ask them about how they had to adjust to the different targets and balls. House points</p>		<p><b>Resources:</b> 20 Boccia balls (2 x Jacks) 2 x Boccia mats Yellow target mat 2 x White score board &amp; pen</p>
<p><b>Cross Curricular Links</b></p> <p><b>Numeracy</b></p> <p>English Numeracy</p>	<p><b>Differentiation:</b> MA = Throw or roll the ball from further away  LA = Throw or roll the ball from closer using a softer ball</p> <p><b>Safety</b> Avoid throwing the ball near anyone. Do not walk across a game when in progress. Watch out not to stand on the ball.</p>		<p><b>Key Words:</b> Throw Roll Aim Pace Flight Release Add</p>
			<p><b>Assessment:</b> Q &amp; A teacher assessment Evaluation of answers</p>
			<p><b>Notes/Comments</b></p>