



Active Kids Paralympic Challenge

Young Leaders Toolkit: Boccia

Sainsbury's



Active Kids

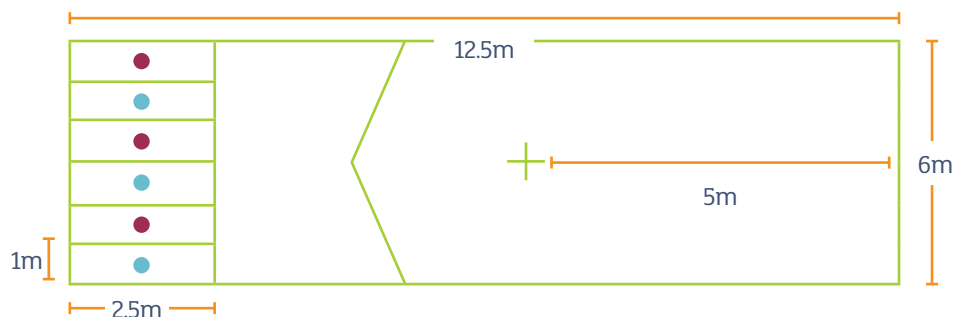


Paralympic Challenge 2016

This part of the toolkit focuses on Boccia, including games to help you introduce it to young people and links to sources of more information.

Playing space

- Boccia can be played on any flat indoor or outdoor surface.
- The competitive playing area has the following basic dimensions. The Active Kids Paralympic Challenges do not need to be played on these dimensions.



- For team boccia; the players are positioned as above - red in boxes 1,3 and 5; blue in boxes 2,4 and 6.
- Use masking tape or throw-down lines to mark out.

Equipment

- Paralympic-standard boccia balls are leather and made to a specific size and weight. Players use red or blue boccia balls and the target (jack) is white.
- If you don't have boccia balls you could:
 - Make your own by scrunching pieces of paper into a hand-sized ball and secure them with tape.
 - Use marker pens to colour half of the balls red and half blue and keep one plain ball for the jack. Or use red and blue coloured paper.

Basic rules

- The aim is for one team to get their colour balls closer to the jack ball than their opponents.
- For every boccia ball they get closer to the jack than the other team they score 1 point.
- Each player takes a turn to deliver the jack into the playing area. The points are added up as each 'end' progresses and the team with most points after 6 ends wins.





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Boccia is an excellent game for getting players of different abilities together. The games below are a great way to introduce boccia to new players.

Circle boccia

This game is a good way to get everyone started and helps them decide the best way to propel the ball.

- Get everyone to sit in a circle facing inwards (boccia is a seated game).
- Mark out a target area, you can use masking tape, throw down lines or spots.
- Each player has a boccia ball; arrange them alternately red and blue around the circle.
- Players then propel their boccia balls into the target by bowling, throwing, or rolling the ball down a gutter/ramp.
- Encourage them to try different ways.
- Everyone can throw together or individually in turn.
- Once everyone has thrown, add up the number of red and blue balls remaining in the target. Keep the score and play 6 rounds in total.
- The team with most points after 6 rounds wins!

Space

Change the distance to the target to make the game harder or easier.

Task

Try a version with 2 hoops, one red, one blue. Players aim for their own colour hoop.

Equipment

Use skittles or plastic bottles as targets instead of a target circle or square.

People

Appoint a captain to decide who plays next in their team.

Visit the following websites for more information:

www.paralympics.org.uk

www.bocciaengland.org.uk

You can also see a great introduction to boccia by visiting: www.topsportsability.co.uk





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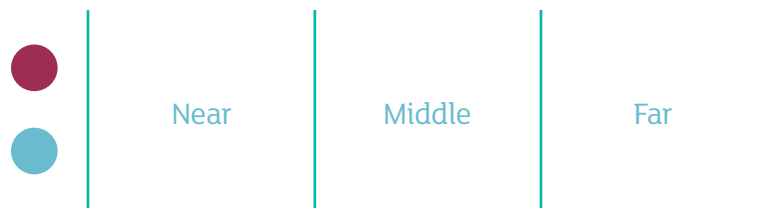
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Near, Middle, Far

This game is about learning how to send the boccia ball accurately over different distances.

- Line the players up in two teams – red and blue – behind a line.
- Mark out 3 spaces using throw-down lines, spots or tape.



Throwing Line

- Players try to propel their boccia balls into the 'near', 'middle' or 'far' zones.
- They must say which zone they are going for and score a point if their balls remains in their target.
- Or give a score for each zone and players decide which one to go for – add points together for each player in the team.
- Which zone needs the most skill to get the ball into?

Space

Increase or decrease the distance to the target zones or make the zones bigger or smaller (they can be different sizes!)

Task

As a challenge, the leader nominates a target zone for each player – they must get their ball into that zone.

Equipment

Place pairs of cones in each zone as target 'gates'.

People

In each team, decide who is going for which zone – this can be according to ability or choice.

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