

VIRTUAL KS3 INCLUSIVE BOCCIA

This event is open to Schools to KS3 Inclusive teams. The Inclusive team must be made up of children with a Special Educational Need / Disability

It is made up of 3 different events:

- Boccia Snooker
- Knock down Skittles
- 2, 4, 6, 8, 10

Record your score for each event on the results table.



This challenge is linked to the School Games value of Self Belief

How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your household the events
- Teach another member of your household how to take part in each activity and challenge them to a mini competition

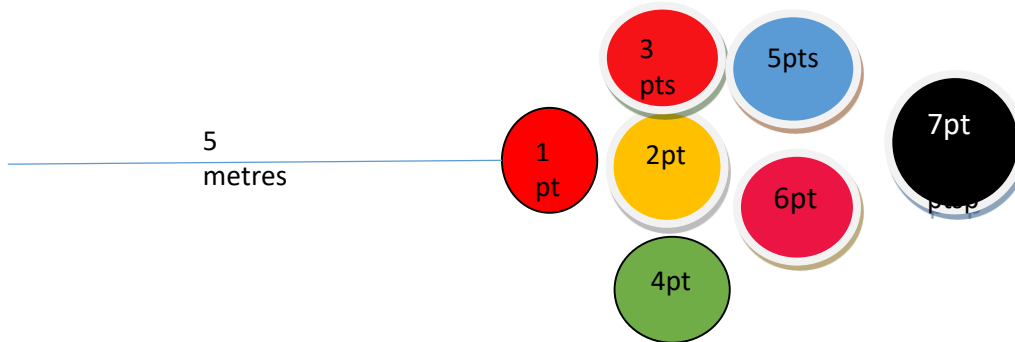
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VIRTUAL Boccia

Activity 1 : Boccia Snooker

Just like a snooker game you must start with a ball on the red colour before you can aim at any other colour. Then you can aim at any other colour. Then you must aim at the red again before you can choose another colour, and so on.



Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- Boccia balls
- Hoops
- Score sheet

But what else can I use?

- Tennis balls/ socks
- Coloured spots or Coloured paper circles

Make it easier

- Move closer to the hoops
- Use a larger ball

More of a challenge

- Move further away from the hoops
- Use something that doesn't roll, e.g. Koosh ball/ rolled up socks

Make it inclusive

- Drop the ball into the hoop
- Use a ramp to propel the ball

Scoring

- You have 6 throws to score as many points as possible.

Video

- [Link to video can be found here](#)

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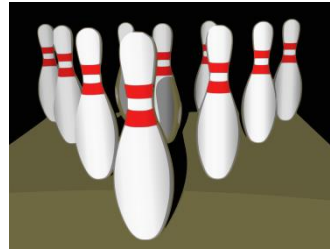
VIRTUAL Boccia

Activity 2 : Knock Down

1. Roll or throw the ball at the skittles.

To score - Count how many skittles you managed to knock down in one go.

2. Set up the skittles. Count how many goes it takes you to knock them **all** down.



3 metres

Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- Tape measure
- Boccia balls
- 10 Skittles
- Score sheet

But what else can I use?

- 30cm Ruler – mark out distance
- Tennis balls or similar.
- Plastic milk bottles

Make it easier

- Move closer to the skittles
- Use a larger ball

More of a challenge

- Move further away from the skittles
- Spread the skittles further apart
- Use your non-dominant hand
- Use koosh ball/ socks

Make it inclusive

- Drop the ball onto the skittles
- Use a ramp to propel the ball

Scoring

- **1 point for each skittle knocked down in one throw**

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- [Link to video can be found here](#)

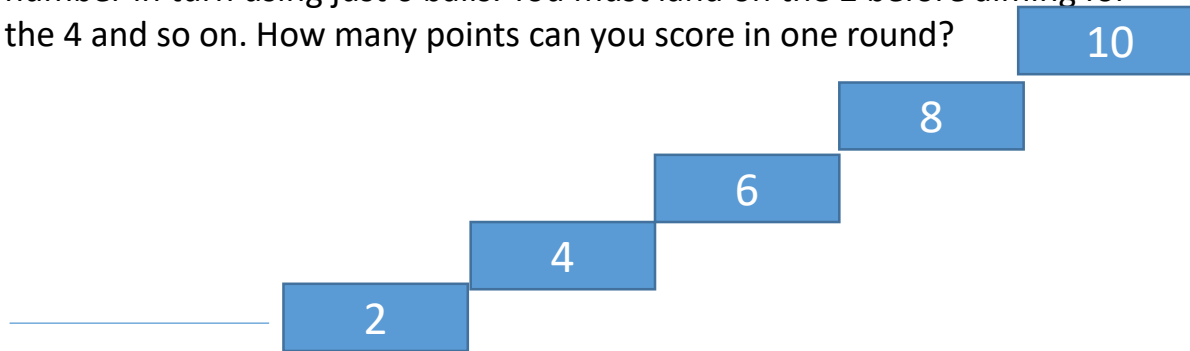
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VIRTUAL Boccia

Activity 3 : 2,4,6,8,10

Stand 1 metre away from no 2. The aim of the game is to land on each number in turn using just 6 balls. You must land on the 2 before aiming for the 4 and so on. How many points can you score in one round?



Health & Safety Tips

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

Equipment needed

- 6 Balls
- A4 sheets of paper
- Score sheet

But what else can I use?

- Rolled up socks or paper

Make it easier

- Stand closer to the target
- Score half the number of points for rolling over the paper

More of a challenge

- Stand further away
- Use something that doesn't roll

Make it inclusive

- Drop the ball onto the paper.
- Use a ramp to propel the ball

Scoring

- You have 6 throws to score as many points as possible.

Video

- [Link to video can be found here](#)

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VIRTUAL Boccia Results

School name:

Childs first name:

Year group:

Event	Result
1.	
2.	
3	

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