

BOCCIA

THROUGH THE GATES



THE RULES

- ★ Sit on a chair or floor with your balls approx. 3 from the first gate—remain seated at all times
- ★ Roll the ball along the floor, aiming to get it through as many gates as possible
- ★ Points are 'banked' once the ball goes through its final gate before leaving the area of play

EQUIPMENT

- ★ Ball: tennis ball, plastic ball, rolled up socks
- ★ Markers; water bottles, tins, socks, books
- ★ Tape measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Increase the width of some or all of the gates
- ★ Reduce the distance from the sitting position to the first gate
- ★ Use a larger ball

HARDER

- ★ Reduce the width of some or all of the gates
- ★ Increase the distance from the sitting position to the first gate
- ★ Wear a blindfold

THROUGH GATE 1 ONLY = 2 POINTS
THROUGH GATE 1 & 2 = 5 POINTS
THROUGH GATE 1, 2 & 3 = 7 POINTS
THROUGH ALL GATES = 10 POINTS

HOW MANY POINTS CAN YOU SCORE IN TOTAL WITH 6 BALLS?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>

BOCCIA

TIN CAN ALLEY



THE RULES

- ★ Sit on a chair or floor with your balls, approx. 3m from the targets
- ★ Roll the ball to knock over/hit a target—only targets struck by a direct hit from the rolled ball are counted
- ★ Remove each target that is hit, and only replace after 6 balls have been rolled

EQUIPMENT

- ★ Ball: tennis ball, plastic ball, rolled up socks
- ★ Targets; water bottle, teddy, ball, books
- ★ Tape measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Reduce the distance from the sitting position to the targets
- ★ Position the targets closer together
- ★ Increase the no. of targets

HARDER

- ★ Increase the distance to the targets
- ★ Roll the ball with non-dominant hand
- ★ Use different size targets - small targets = 3 points

EACH TARGET KNOCKED OVER/HIT = 2 POINTS

HOW MANY POINTS CAN YOU SCORE IN TOTAL WITH 6 BALLS?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>



THE RULES

- ★ Sit on a chair or floor with your balls approx. 3m from the target area—remain seated at all times
- ★ Roll a ball towards the target area, aiming to stop the ball in the centre of the target area
- ★ Points scored is dependent upon where the ball comes to a complete stop

EQUIPMENT

- ★ Ball: tennis ball, plastic ball, rolled up socks
- ★ Targets; paper, towels
- ★ Tape measure

INCLUSION & DIFFERENTIATION

The activity can be performed either standing or seated. Remember you can adapt the Space, Task & Equipment to suit your own needs in order to attempt the challenge.

SOME IDEAS...

EASIER

- ★ Reduce the distance from the sitting position to the target area
- ★ Increase the size of the target areas
- ★ Use a larger ball

HARDER

- ★ Increase the distance from the sitting position to the target area
- ★ Roll the ball with non-dominant hand
- ★ Wear a blindfold

TARGET AREA 1 = 2 POINTS
TARGET AREA 2 = 5 POINTS
TARGET AREA 3 = 10 POINTS

HOW MANY POINTS CAN YOU
SCORE IN TOTAL WITH 6 BALLS?

SAFETY

- ★ Wear suitable shoes that are fastened securely
- ★ Set up activity in a clear space away from obstacles



<https://www.northamptonshiresport.org/virtual-school-games-challenges1>

NAME	THROUGH THE GATES	TIN CAN ALLEY	BULLSEYE BOCCIA

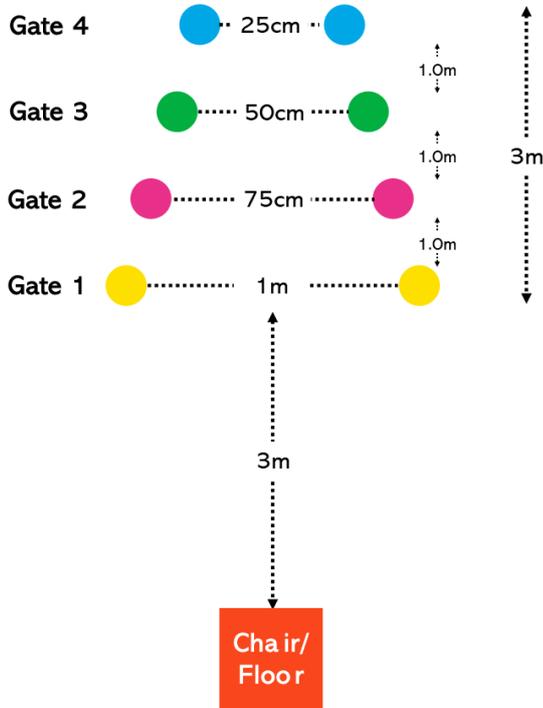


DON'T FORGET TO LOG ALL YOUR SCORES TO EARN VIRTUAL SCHOOL GAMES POINTS FOR YOUR SCHOOL BY 5.00PM ON SUNDAY 7TH FEBRUARY 2021

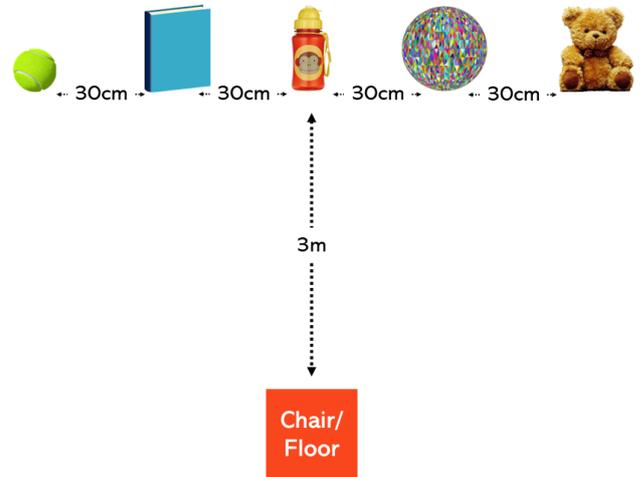
www.northamptonshiresport.org/virtual-school-games-challenges

SETTING UP THE ACTIVITIES

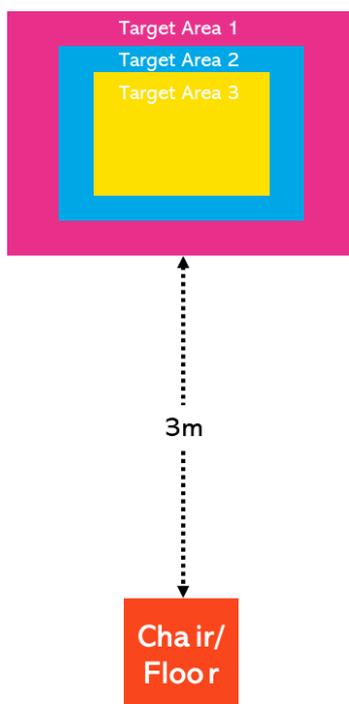
THROUGH THE GATES



TIN CAN ALLEY



BULLSEYE BOCCIA



ADAPTING THE ACTIVITIES

We appreciate that everyone will have different amounts of space available and different equipment that can be used for setting up and participating in these challenge activities.

Please adapt the space, layout and equipment used to participate in these challenges as much as you need to. They are suitable to be played indoors or outdoors.

The important thing for us is that children and young people enjoy regular participation in fun and engaging physical activities, and try new sports they may not have had the opportunity to participate in at school.

For further support to set up and play these activities watch the video to accompany these resource cards

<https://www.northamptonshiresport.org/week-3-boccia>

