

SPORTS ABILITY

Boccia

Boccia

Learning Intention

To practice and refine accuracy of rolling or throwing a ball towards a target.



Skill Focus

Throwing, rolling, shot placement



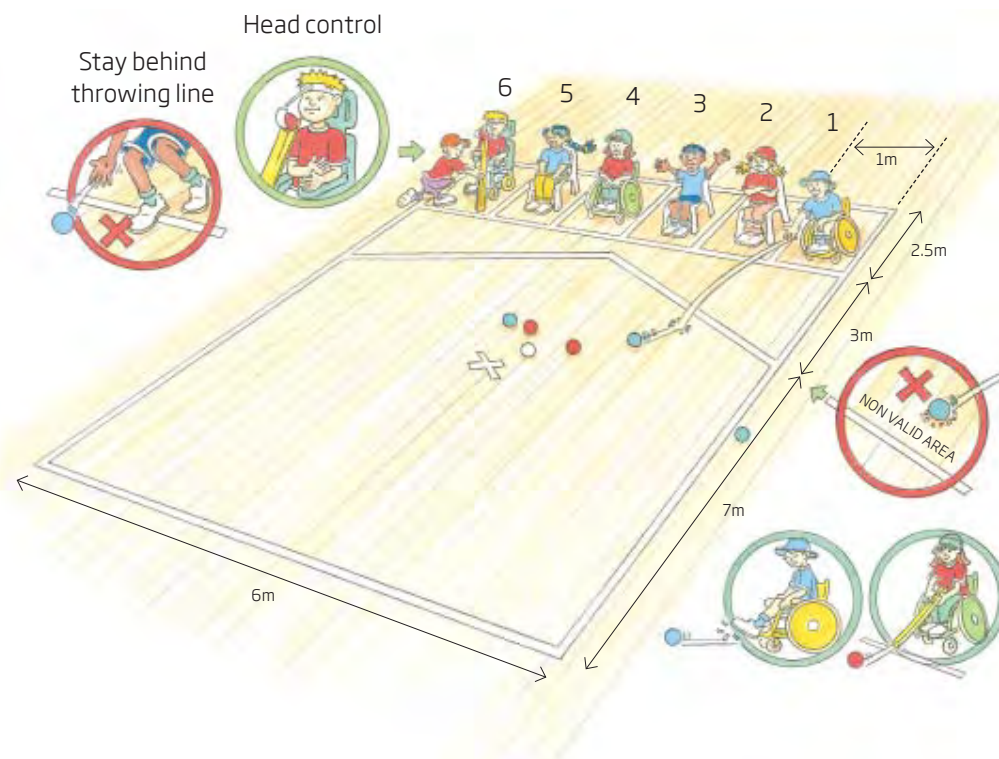
What you need

- Boccia balls or alternatives (see Equipment)
- Suitable indoor or outdoor playing area



What to do

- Divide players into teams of 2-3 or play individually. All players should be seated.
- Players can roll or throw the ball, propel it with their feet, or roll down a ball-sending ramp (assistive device).
- Team colours are usually red or blue. The side playing red 'throws' the first jack and it must land in the valid area of the court.
- Players propel two balls each which correspond to their team colour.
- Aim to score as many points as possible by getting as many of your own Boccia balls closer to the jack (or target ball) than your opponent.



Curriculum links

(F - 2

(3 - 4

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Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to try different ways to propel the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- If the jack is thrown or knocked out of court it is replaced on the cross and play continues.
- If 2 or more balls are equally close to the jack at the finish of an end they each score 1 point.
- If scores are level after 6 ends, a tie-breaker (extra end) is played. The jack ball is placed on the cross and sides toss a coin to determine the order of play.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Items such as 'plastic guttering' can be used as a ball-sending ramp.

Environment

- Adjust the playing area and distances to make the game easier or harder.
- The illustration shows recommended court dimensions but Boccia can be played on any suitable sized area.
- The cross is marked 5 metres from the mid point of the back line.
- The apex of the non-valid line is marked 1.5m from the mid point of the throwing line.
- Players boxes are 1m wide.

Safety

- No one enters the target area during play.
- Throwing is confined to the designated area.

Ask the players

- What technique is most effective in getting closest to the jack?
- How can you make it difficult for your opponents to get closer to the jack than you?



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Boccia

Target Boccia

A basic target game that encourages different styles of shots to reach a target.

Learning Intention

To create targets that challenge opponents to try different types of shots to get closest to the target.



Skill Focus

Throwing, rolling, shot placement



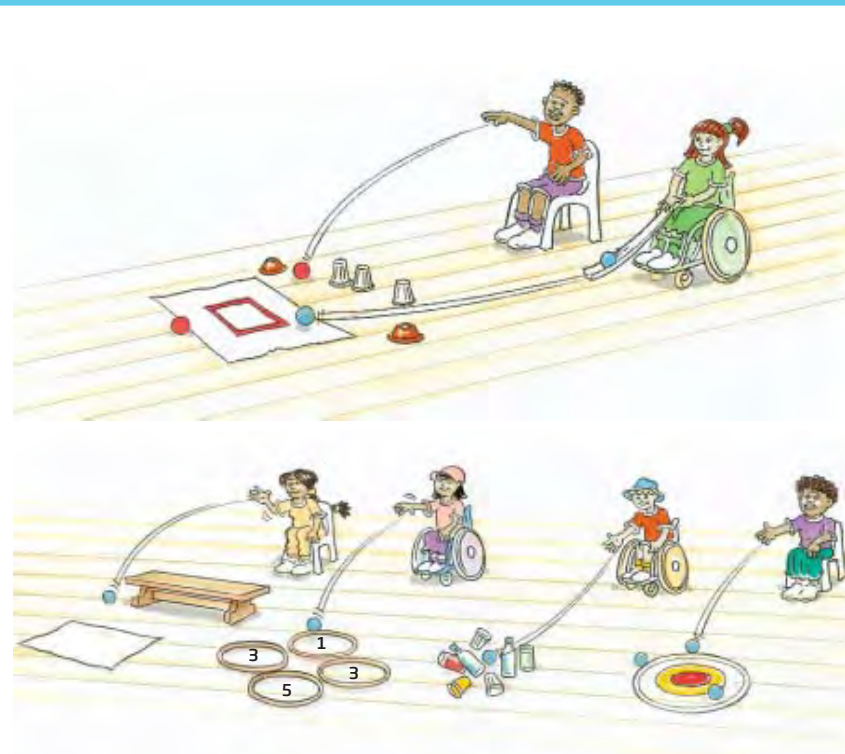
What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing area



What to do

- Divide players into pairs or small groups.
- All players should be seated.
- Each pair or group uses the equipment or objects available to design and make their own target.
- When targets are made, players agree a distance from the throwing line to the target.
- Players score points by throwing or propelling their balls to get closest to the target.
- Keep a record of the best score at each target.
- Combine all the targets into a 'course'.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to try different styles of propelling the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways in which players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- Work with the players to agree rules for each target.
- Agree scoring systems e.g. highest score wins with points allocated to each target or lowest score wins, as in golf.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use any safe materials that may be available to create targets, e.g. mats, chairs, boxes or buckets.
- Use benches, boards or other objects to 'channel' the balls towards the target.

Environment

- Increase or decrease the distance between the targets and the players.
- Ensure targets provide options for different types of players, e.g. those who are rolling the ball and those who are throwing.

Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.
- If possible, play towards a wall or away from other players.
- Leave space between each target to move around safely.

Ask the players

- Where should you aim the ball to get as close as possible to the target?
- How can you position your shots to make it easier for your balls to get close to the target?
- How can targets be changed to challenge the players to:
 - throw the ball high?
 - roll the ball along the floor?



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Choose the Target

A game to develop accuracy and game strategies.

Learning Intention

To refine shot placement and accuracy and to develop and practice team strategy for scoring the highest points.



Skill Focus

Throwing, rolling, shot placement



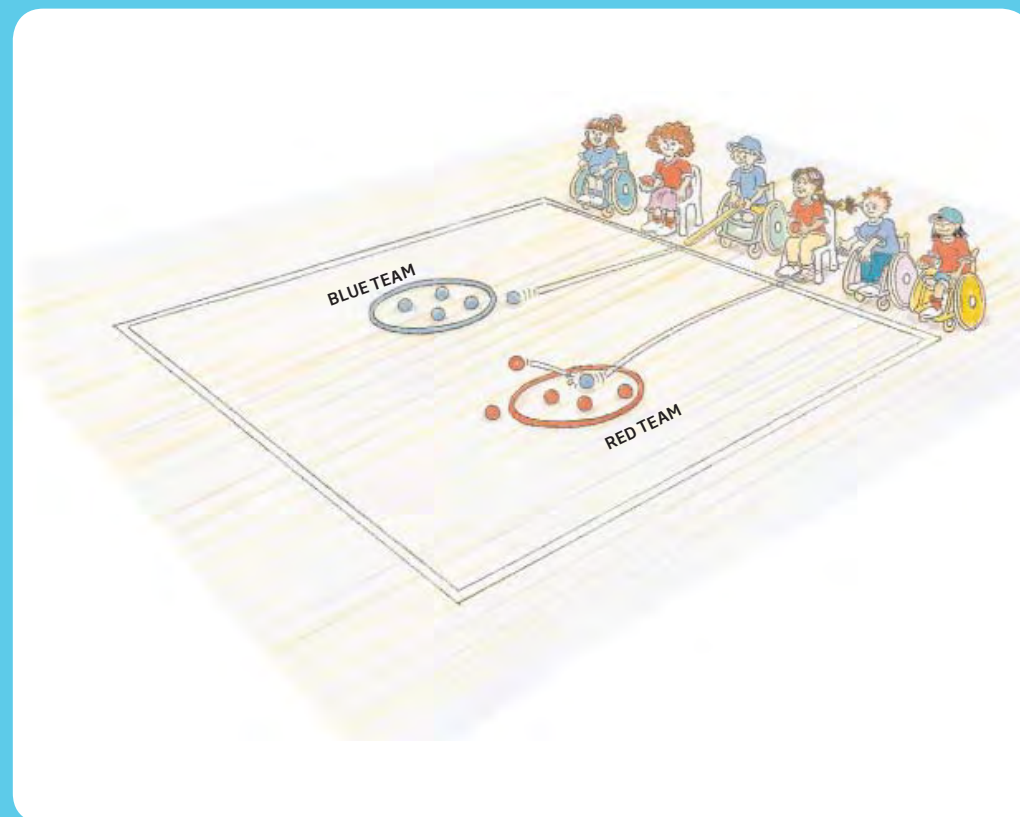
What you need

- Boccia balls or alternatives (see Equipment)
- Variety of targets e.g. hoops, skittles, marks on the floor/ground
- Suitable indoor or outdoor playing space



What to do

- Divide players into two equal teams.
- All players should be seated.
- Teams sit at one end of the playing area.
- Targets are placed at a suitable distance, one for each team.
- Players aim at their own colour target area (score 1 point for each ball in the target) or they can choose to aim at the other team's target and knock their opponent's balls out.
- After everyone has thrown, add up the scores.
- Play to an agreed number of throws, or use a time limit.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to try different styles of propelling the ball:
 - rolling the ball
 - underarm throw
 - overarm throw.
- Think of ways in which players can improve their aim:
 - aim in front of the target and let the ball roll in
 - when throwing, try to release the ball when the hand/arm is extended towards the target.

Rules

- Introduce rules gradually, e.g. players aim only at their own hoop at first.
- Designate certain players as 'strikers', only they can attack the opposing team's target. Alternate strikers every game.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- If possible use different coloured targets - ideally, red for the team with red Boccia balls, blue for the opposition team.
- Experiment with different types of targets, e.g. elevate the target area to change the angle of the throw.
- Use obstacles e.g. for every successful scoring throw, the other team can place an obstacle in front of the opposing team's target.

Environment

- Change the distance of the targets, e.g. near or far.
- Change the size of the targets, e.g. bigger or smaller.
- Vary player positions:
 - players form a circle around the targets, with players standing alternately
 - teams face each other with the targets between them.

Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.
- If using a circle formation ensure all players are watching play in case a shot is misdirected across the circle.

Ask the players

- What strategies can your team use to score the most points?
- How can you make it more difficult for your opponents to score points?



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SPORTS ABILITY

Boccia

Boccia 5-3-1

A team target game that develops shot accuracy and an understanding of scoring.

Learning Intention

To refine shot placement and accuracy and to develop strategies for working as a team to create high scoring opportunities.



Skill Focus

Throwing, rolling, shot placement



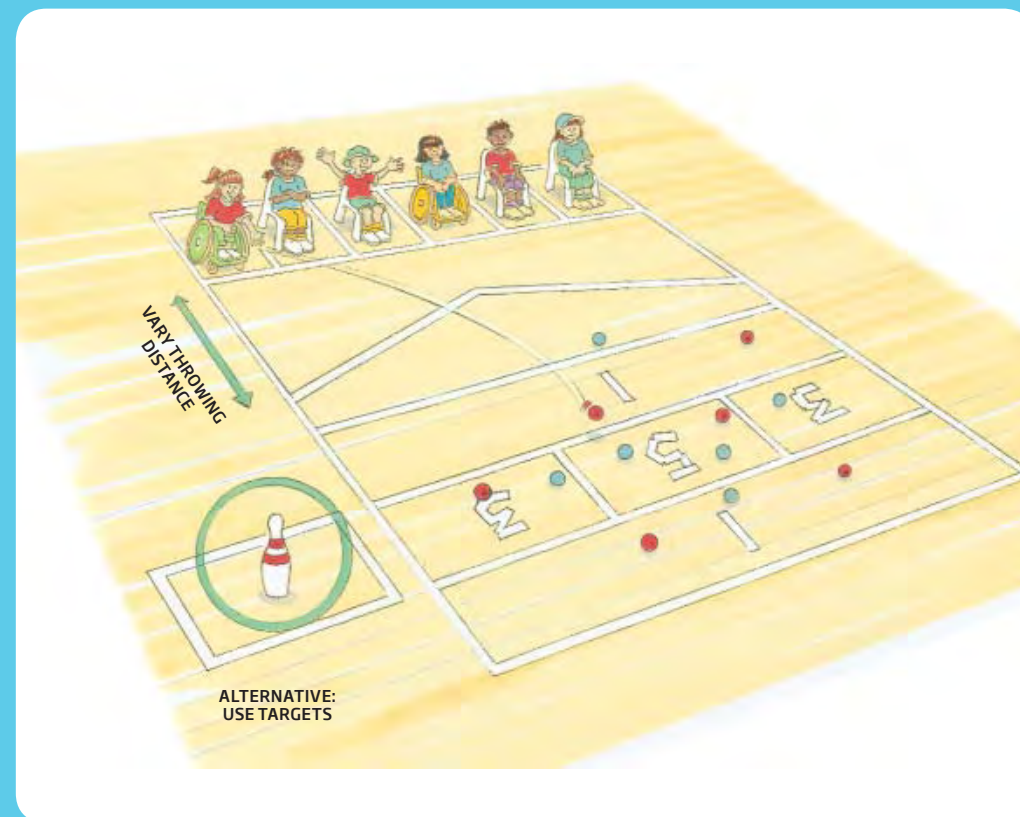
What you need

- Boccia balls or alternatives (see Equipment)
- Boccia court, or tape or chalk to mark out target
- Suitable indoor or outdoor playing space



What to do

- Divide players into two teams of 2 or 3 players.
- All players should be seated.
- Players are given two Boccia balls each.
- Each player in Team A takes turns from the throwing line until all their balls have been thrown.
- When Team A has finished, scores are added up (1 point for each ball static in a square).
- Team B then throw in turn, trying to beat Team A's score.
- Balls on the line are given the highest score.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage teams to find ways of working together to improve their score. For example, identifying strengths of each player. Some can aim at the furthest target, others the nearest, those who are very accurate can aim for the highest score target.

Rules

- Play alternately e.g. teams can choose to score or knock their opponent's balls out of a scoring position.
- Vary the scoring system, e.g. a score in the same box as the preceding player doubles the score.
- Agree on the number of rounds to be played.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Place a corresponding number of skittles or plastic bottles in each target box to increase the difficulty.
- Use larger or smaller balls to make hitting the target easier or harder.

Environment

- Increase or decrease the distance between the players and target. For example:
 - move the throwing line closer or further
 - players of different abilities throw from different distances.
- Vary the size of the targets e.g. smaller boxes will increase the challenge.

Safety

- No one enters the target area during play.
- Ensure players know who is throwing next.

Ask the players

- How can your team make it difficult for the other team to score?
- Is it best to choose a target with the lower or higher points? Why?
- When should you try and knock your opponent's ball out of a scoring position rather than score points with your shot?



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SPORTS ABILITY

Boccia

Learning Intention

To refine accuracy of shots at targets from different distances and develop strategies for scoring as a team.

What you need

- Boccia balls or alternatives (see Equipment)
- Tape or chalk to mark a playing area
- Suitable indoor or outdoor playing space

What to do

- Aim is to place 3 balls across, down or diagonally as in the game Noughts and Crosses.
- Divide into two teams of 2-3 players (6 balls per team) who take turns throwing.
- All players should be seated.
- Balls that do not reach or come to rest in occupied squares are 'foul balls' and removed from the area.
- Players wanting to 'take over' a square occupied by the opposition must nominate the square prior to taking a shot. If the ball does not land in the nominated square it does not count and is removed.
- After all balls have been played scores are added up.
- One point for each occupied square, plus 5 points for three in a row. When one team achieves a winning line the 'end' is over.

Curriculum links

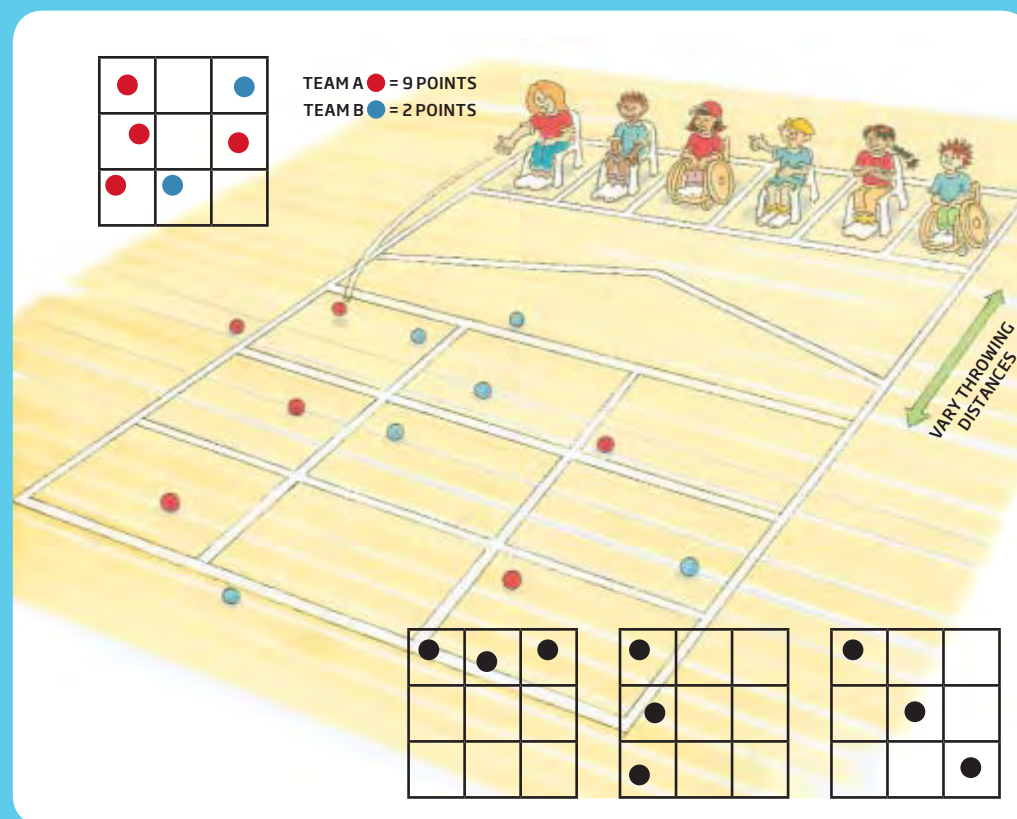
ACPMPO43, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

Noughts and Crosses

A target game to develop shot accuracy and team tactics.

Skill Focus

Throwing, rolling, shot placement



F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage teams to discuss tactics both at the start and during a game.
- Encourage sportsmanship. For example, if a ball lands on a line, players should agree in which box the ball should be placed.

Rules

- Modifying rules to suit different abilities, e.g. some players can have more attempts (balls to use).
- Give teams the choice of either throwing to score or to knock opposing balls out of scoring boxes.

Equipment

- Boccia ball alternatives include objects such as bean bags, paper and tape balls or Koosh balls.
- Use beanbags or non-bouncing/rolling objects to make it easier to score points.
- To increase the challenge place skittles in each square. If a skittle is knocked over, the scoring ball is placed in the square and the skittle removed.

Environment

- Increase or decrease the box sizes.
- Place the throwing line closer or further from the target boxes.
- Players can play from different positions, for example, teams at opposite sides of the target boxes.

Safety

- No one enters the target area during play.

Ask the players

- How can you cooperate to ensure you do not block your teammates?
- How do you decide which box to aim for?
- What do you need to think about when you choose the box you are going to aim for?



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Target Games

Bean Bag Challenge

Games for developing balance, movement, manipulation, aiming and estimating, and tossing and catching.

Learning Intention

To practice the skills of throwing, catching and balancing.



Skill Focus

Balance, catching, throwing



What you need

- Suitable indoor or outdoor surface
- Bean bag – one for each player

What to do

Bean bag balance

- Try balancing the bean bag on as many different parts of the body as possible e.g. an out-stretched arm or leg, back, head or elbow.
- Balance the bean bag on your head while seated on the floor, then try and stand up without letting it fall. No hands!
- Try and move while balancing the bag on a part of your body.

Move and catch

- Players throw the bean bag in any direction and move to where it lands. Pick it up and throw in a different direction.
- Progress to throwing the bean bag in any direction, then move to try and catch it before it drops.



What to do

Toss and Catch

- Begin by passing the bean bag from hand to hand. Progress to tossing and catching the bean bag.
- Toss the bean bag in the air with one or two hands and turn round to catch it.

Own Goal

- Toss the bean bag in the air, make a 'hoop' with your arms and hands. Allow the bean bag to travel through your 'hoop' as it falls.

Toss back

- Toss the bean bag in the air and bend forward and catch it on your back.
- Players who have mobility impairments can try catching the bean bag on the back of an out-stretched arm or leg, or on their lap.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style



- Encourage players to experiment with different ways of balancing, tossing and catching the bean bag:
 - arm, leg, foot, hand or head
 - use both hands to throw and catch
 - throw with a single hand and catch with both
 - single hand throw and catch.

Rules



- Players who have mobility or coordination impairments can substitute other skills in toss and catch games, e.g. clap or touch their lap before catching the bean bag.
- In balance activities, some players may prefer to start without the bean bag.

Equipment



- Use soft cushions if players have difficulty using bean bags.
- When players can toss and catch competently with a bean bag, try a slow moving or sponge ball.

Environment



- Ensure sufficient space between players, particularly when movement is introduced.

Safety



- A player's attention may be focused above head height. Ensure they are aware of people and objects around them.

Ask the players



- What different parts of your body can you use to catch/balance the bean bag?
- How do you need to position your body in order to balance the bean bag?
- What position do you need to have your hands in to catch the bean bag?



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SPORTS ABILITY

Target Games

Bean Bag Team Challenge

Games for developing accuracy when throwing.

Learning Intention

To practice throwing accurately at targets at different distances.



Skill Focus

Accuracy, throwing



What you need

- Suitable indoor or outdoor surface
- Bean bag - one for each player
- Markers or cones
- Flat discs or hoops for targets

What to do

Close to the wall

- Aim is to throw the bean bag as close to the wall without touching the wall.
- Challenge another player. One player throws their bean bag toward the wall, the second player tries to get closer without touching the wall. The player closest scores a point and starts the next end.

Follow the leader

- Similar to Crown Green, except no target is used.
- Play in pairs. One player throws the bean bag into the area. The other player attempts to hit this bean bag with their own. If successful they score a point.
- Players take turns to start.
- Play to an agreed number of points.



What to do

Crown green

- In pairs, players throw their bean bag towards a target e.g. a marker.
- The player landing closest wins a point and has control of the target. They then place the target anywhere they like in the playing area, and have the first throw for the next round.
- Play to an agreed number of rounds.

Target bean bag

- 2 targets are placed on the ground at an agreed distance apart.
- Players try to land on the target from the opposite end. Once everyone has played, the end is scored, e.g. 1 point for landing in the outer circle, 3 for the centre circle.
- Players collect bean bags and play back towards the other target.



Curriculum links

ACPMPO43, ACPMP045, ACPMP061, ACPMP080

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage players to play honestly and agree on their scores.
- Pair together players with similar ability.

Rules

- Each pair should agree the rules for their games between themselves.
- When players of different abilities play together, rules can be amended to challenge both players e.g. use different sized targets.

Equipment

- Boccia balls are an alternative to using bean bags.

Environment

- To make the game easier to score points:
 - decrease the distance to the target
 - increase the target size.
- To make the game more challenging as skills improve:
 - increase the distance to the target
 - decrease the target size.

Safety

- Ensure players are aware of the environment around them, including any obstacles and other players.

Ask the players

- What different throwing techniques have you used?
- What body position do you need to be in to throw accurately at the target?
- What area of the target should you aim for to ensure you hit it?



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SPORTS ABILITY

Target Games

Attack and Defend Boccia

A game that develops teamwork, accuracy and tactics.

Learning Intention

To practice throwing accuracy when aiming at a moving target.



Skill Focus

Accuracy, catching, fielding, throwing



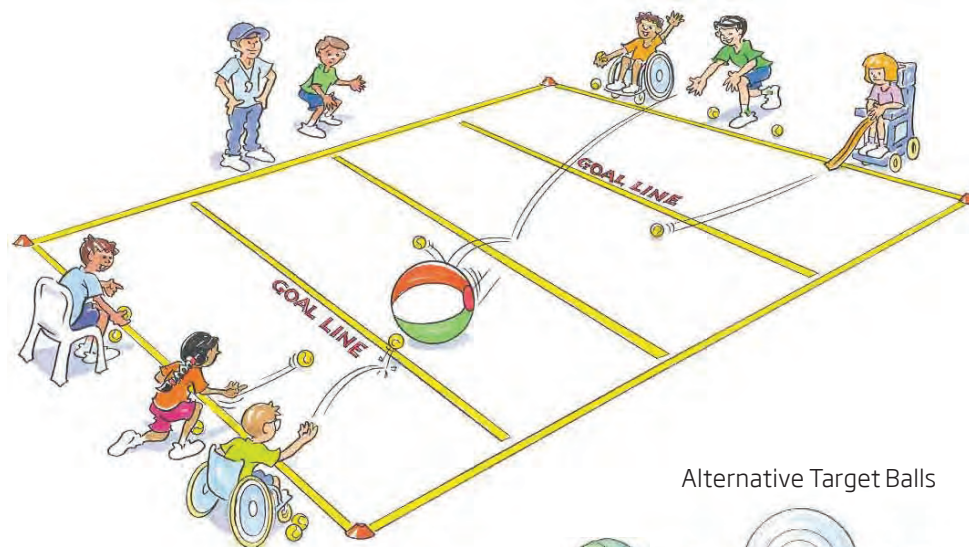
What you need

- Markers or cones
- At least 2 tennis balls or similar for each participant
- A variety of target balls e.g. beach ball, soccer ball or fit ball
- Ball sending ramp if required



What to do

- Divide players into 2 teams of 3 or more.
- Mark out 4 zones for the playing area.
- Teams are positioned on each of the back lines (throw line)
- Teams score by:
 - knocking the target ball across the opponents' goal line
 - having balls closer to the target ball after all balls have been thrown.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.



Alternative Target Balls



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Encourage teamwork e.g. players who can throw the ball further 'attack', while others 'defend' by throwing when the target ball approaches their goal line.
- Develop tactics e.g. nominate a defender to keep a ball to defend.
- Encourage players to aim just in front of the ball in the direction it is moving.

Rules

- To make the game easier. Each team has 3 turns at throwing before the other team has their turn.
- To increase difficulty:
 - specify the method of propelling the ball, e.g. ramp only or backspin only
 - teams take alternate turns at throwing

Equipment

- Increase the amount of balls per player.
- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

Environment

- Shorten the distance between teams to increase the chance of success.
- To increase the challenge, lengthen the distance between the teams.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

Safety

- No balls propelled above waist height.
- No overarm throws.
- Players must stay out of playing area when the game is in play.

Ask the players

- Where did you aim your throw to hit the moving ball?
- How could you work as a team to defend your line?
- How could you work as a team to attack your opponent's line?
- What throwing technique was best for hitting the ball back towards your opponent's line?



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SPORTS ABILITY

Target Games

Bombard

A game that develops teamwork, accuracy and tactics.

Learning Intention

To practice throwing accuracy when aiming at a moving target.



Skill Focus

Accuracy, catching, fielding, throwing



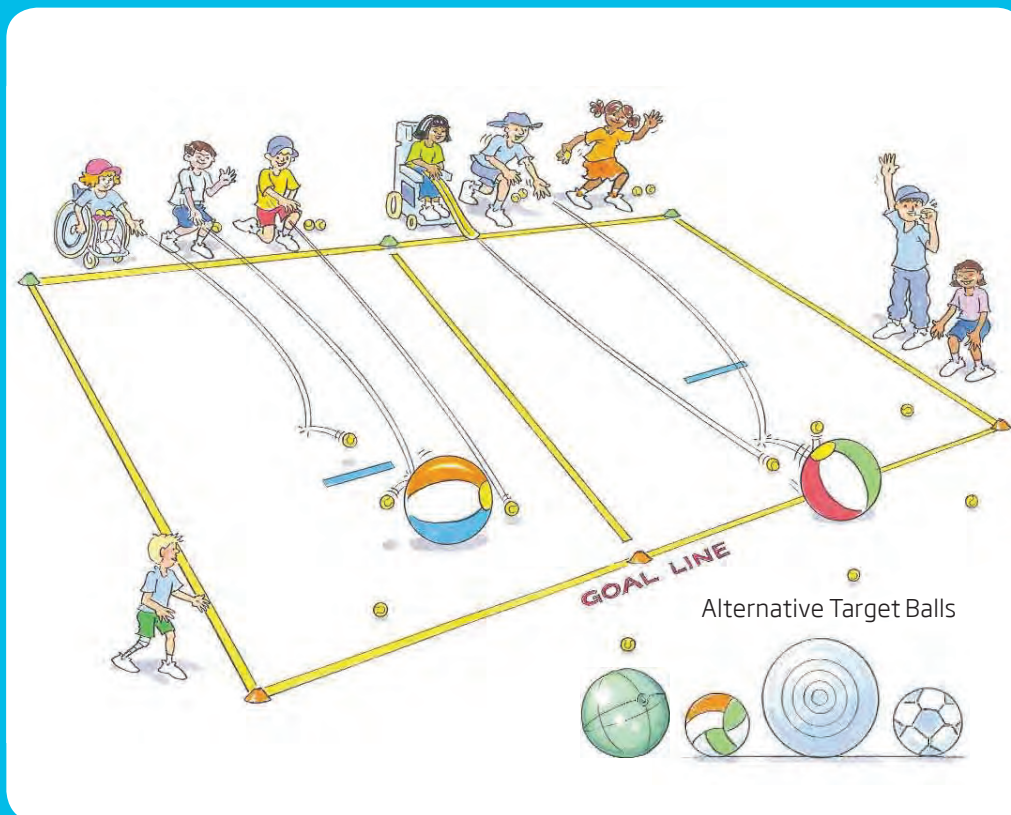
What you need

- Markers or cones
- At least 2 tennis balls or alternative balls for each participant
- A number of different target balls, e.g. beach ball or fit ball
- Ball sending ramp if required



What to do

- Divide players into 2 equal teams.
- Mark out goal lines at an appropriate distance from players' throw line.
- Both teams are both positioned on the throw line.
- Target balls are placed 2-3 metres from the throw line.
- Teams score by being the first to knock their target ball across the goal line.
- Both target balls are reset after each goal.
- No balls thrown above waist height.
- Players must use an underarm throw, propel ball with foot or use a ball sending ramp.



Curriculum links

ACMP043, ACPMP045, ACPMP061, ACPMP063, ACPMP080, ACPMP082

F - 2

3 - 4

5 - 6

7 - 8



Teaching Style · Rules · Equipment · Environment

Use the TREE model to modify the game. Below are some suggestions or try your own!

Teaching style

- Suggest waiting until the target ball stops moving before throwing. This will increase chance of success.
- Encourage teams to discuss strategies of how to work best as team.
- Divide players into even ability teams.

Rules

- To increase difficulty, specify the method of propelling the ball, e.g. ramp only or backspin only.
- Play for a set period of time or agreed number of goals.
- As skills increase, try different throwing styles e.g. overarm throwing, underarm throwing or side-on stance.

Equipment

- Use a bigger, lighter target ball for greater success e.g. a slightly deflated beach ball.
- As skills increase, use a smaller or heavier target ball and limit the amount of balls per team.

Environment

- To increase success and scoring, shorten the distance between the players and goal lines.
- To make the game more challenging, increase the distance between the players and goal line.
- Position the game close to a wall so collecting balls is easier.
- Position a player from each team outside the playing area to collect loose balls. They return the balls to their team mates who use to continue playing the game.

Safety

- No balls propelled above waist height.
- Ensure sufficient space between teams.
- Players must stay out of playing area when the game is in play.
- Collect balls after the instructor has called 'stop' in play.

Ask the players

- What type of throw works best to make the target move?
- Where is the best position to hit the target ball from?
- Is throwing more effective than rolling?
- How can you work as a team to get the target ball over the goal line?