

Boccia (pronounced bot-cha)

Safety

- ***You must check with an adult that you have permission to complete this activity before you begin and have an adult supervise you.***
- Make sure you have a safe space: free from obstacles or anything you could hurt yourself on. If there are things that you feel your space is not suitable for then don't do it.

Boccia

Boccia is a target ball sport which tests both muscle control and accuracy. From a seated position (standing is fine too), players propel balls to land as close as possible to a white marker ball, known as the Jack. Two sides compete as individuals, pairs or as a team of three over a set number of ends.

What you will need

Three objects to throw per team all of the same colour (rolled up pairs of socks, balls etc, anything that's safe in your space).
An object to act as the 'Jack' that's a different colour to each player's balls (a rolled up pair of socks etc).

How do you play?

- One team throws the Jack a few metres away and then immediately throws their first object.
- The second team then throws their object.
- Whoever's object/ball is furthest from the Jack throws next.
- Keep throwing with the team furthest always going throwing next.
- The 'end' is over when all objects have been thrown.
- A point is awarded for every object closest to the Jack than the opponent's closest object.
- Play as many 'ends' as you like.



In this case, it is the green team's turn as their ball is less close to the Jack.



Technique

Boccia is an inclusive game meaning it can be played by almost anyone. It is even played at the Paralympics. This means there are no rules about how the objects are thrown (they can even be rolled) or whether you stand or sit as you throw. Some athletes even choose to use a ramp to help propel the ball.

Try different techniques and seating positions are you throw and discover which works best for you. Also, try different items as the Jack. Does the size or whether it can move make a difference?

Reflection

- How did this activity make you feel?
- Did winning or losing make you feel a certain way?
- What sports require accurate throwing and muscle control?
- If you played as a team, how did you decide who threw next?
- Were there any disputes or were you able to work tactically together?
- No partner? How did you adjust the game to make it single player?