

Boccia skills

A reminder – <https://www.youtube.com/watch?v=itPWacx7xBg>

This year we have looked at Boccia and some of the key skills needed. This week we would like you to work on your aim and accuracy, which will also help you with many other team games. Create your own target game to practice your aim using equipment from around the house. Below are some ideas to get you started, but you do not have to follow these examples – get creative!

- Can you make this harder by increasing the distance from your target?
- Can you also make it harder by decreasing the size of your target?
- Does changing the ball you are using change your technique? Think about the material, size or shape of your ball.

Here are just a few ideas of how you can practice your accuracy at home:

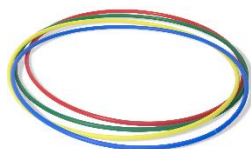
Point Based Games

Set yourself some targets that you can earn points for hitting. The harder it is to hit – the more points you earn! You could draw your own targets and lay this paper on the floor and use household items such as rolled up socks for a ball



Hoop Games

You could use a larger target, such as a hoop to build your confidence. Throw your ball (or homemade ball) into your target hoop, each time you are successful, take a step back and try again! See how far away you can get from your target whilst still throwing accurately!



Over arm or under arm?

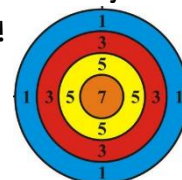
Within a game of Boccia, you can choose to throw over arm or under arm. Have a go at both methods and consider which one gives you the most accurate aim! Work on both you over and under arm throw.



Challenge: Can you use both your left and right arms?

Target Points game

Create your own target, the closer to the middle you get, the more points! Throw your ball 5 times and add your score!



Don't forget to warm up!

It is important to warm up before starting any exercise to avoid injury. These '5 minute moves' would be a brilliant warm-up to get you moving.

<https://www.youtube.com/watch?v=d3LPrhlov-w>