



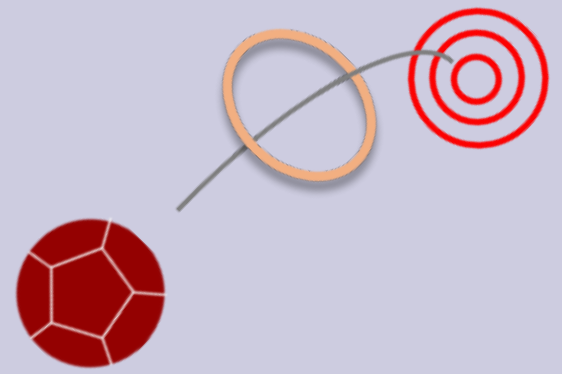
Boccia Bonanza Station 2: Hoopla

What to do

Throw the ball through the hoop to land on the target

There are 3 ways to try this activity:

- Use an overarm throw
- Use an underarm throw
- Replace the upright hoop with a chalked circle on the floor then roll the ball down a ramp and over the circle to the target



You will need



A target: this can be a small hoop, rubber spot, small mat, etc.



A hoop: the hoop should be upright. The hoop can be held upright by someone or use a hoop stand. If using a ramp, replace the hoop with a chalk circle on the floor.



A ball: this can be a boccia ball, beanbag, small heavy ball, juggle ball



Ideas to help you with Hoopla

- Move the hoop or the circle on the floor closer to you
- Take the hoop away and change it to a cane or line on the floor to throw the ball over
- Use a larger hoop or circle on the floor
- Make the target larger

Being Successful



Things to think about:

- What am I doing to be successful?
- Is your body balanced and steady?
- Do you release the ball at the right time / height?
- Does the ball land on the target and stay on it?



How to score points if doing the Boccia Bonanza Circuit

- You release the ball (1 point)
- You throw the ball through the hoop (1 point)
- You land the ball on the target (1 point)



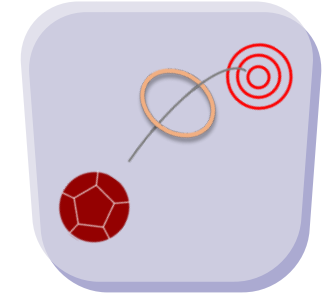
Ideas to challenge yourself

- Try positioning yourself further back from the hoop
- Make the hoop or the circle on the floor smaller
- Move the target to a different place each time
- If using a hoop stand, switch to a person holding the hoop
- Ask the person holding the hoop to change the height of it each time



What you will learn through this activity

- Control - judging your strength of release
- Problem solving - adapting your throwing style so the ball passes through the hoop and reaches the target
- Rhythm and timing - judging when to release the ball
- Kinaesthetic awareness - awareness of positioning of body, arm



Possible learning conversations: teacher and pupil: partners, self, group

- Why does something not happen as it should? *e.g. the ball goes through the hoop but misses the target*
- What can we do to fix it?
- What are we learning that we can use in other games and sports?
- Does changing the distance you are from the hoop make it easier or harder to reach the target?
- Why might having to pass the ball through the hoop or circle on the floor make your throw successful?
- How do we make sure everyone is included and has a fair turn?



Communicating with others (and Co-operation, Respect)

- Work with a partner, where you throw the ball and your partner holds the hoop. Ask your partner to hold the hoop at different heights. Between the two of you, decide which height is best to help you throw to land the ball on the target - low, middle or high? Make sure to change roles with your partner.
- Work with a new partner. Ask them to hold the hoop and explain to them what height is best for you. Again, make sure to change roles.
- Be respectful of others' abilities and efforts.



Motivation - 2 different challenges. Try to improve each time.

- Set yourself a target score, e.g. 8 or more. Record your score for each attempt at Hoopla and continue adding up these scores. How many shots do you need to take to reach your target score?
Think carefully about your target score. Do not make it too high, which will take too long. Others need a fair turn too.
- Gather together a bundle of balls. How many points can you score in 30 secs? You can choose a longer or shorter time.