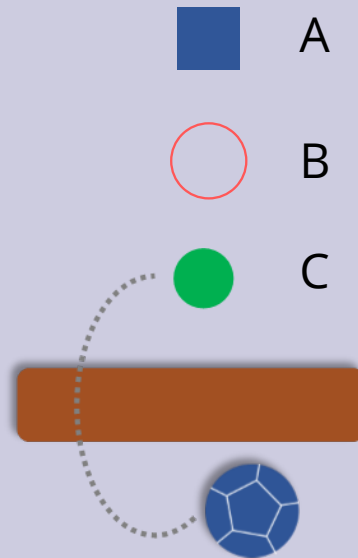


What to do

Send the ball over the bench and on to the target

There are 3 ways to try this activity:

- Use an overarm throw
- Use an underarm throw
- Replace the bench with a line and roll the ball down a ramp



You will need



3 targets: these can be small hoops, rubber sports, small mats, etc.



A bench: or you can use a rope or cane or a line on the floor



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

Being Successful



Ideas to help you with Up and Over

- Replace the 3 smaller targets with one large target
- Make the targets wider
- Move closer, to position yourself just behind the bench / line



Things to think about:

- What am I doing to be successful?
- Is your body balanced and steady?
- Are you looking at the target?
- Are you letting go of the ball at the right time?
- Is your throw strong enough to reach the target?



How to score points if doing the Boccia Bonanza Circuit

- You get the ball over the bench / line (1 point)
- You reach target C with the ball (1 point)
- You reach target B with the ball (2 points)
- You reach target A with the ball (3 points)



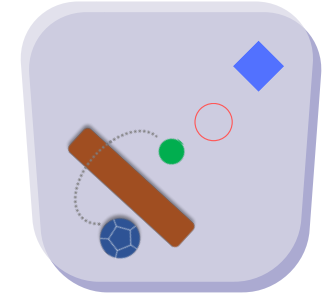
Ideas to challenge yourself

- Try moving closer, to just behind the bench/line
- Add more targets and spread these out randomly
- Say which target you are aiming for (A, B or C) before you throw



Possible learning through this activity

- Control - judging strength of release of the ball to reach different targets
- Rhythm and timing - judging when to release the ball to reach different targets
- Focus and concentration - shutting out distractions



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

- Why does something not happen as it should? *e.g. the ball doesn't reach the target you were aiming for*
- What can we do to fix it?
- Which target do you find is easiest to reach - *nearest or further? Do you have an idea why?*
- Try taking the bench/line away and roll the ball - *does this make it easier or harder to make the ball stop on the target? Do you know why?*
- How do we make sure everyone is included and has a fair turn?



Problem Solving and Creativity (and Respect)

- You wish to practice accuracy in throwing/rolling the ball in different directions. How would you change the layout of the targets to challenge you to do this?
- Try different ways of setting out the targets, using more targets if you want. Decide how you would score points using this new set of targets.
- Try the activity in different body positions, e.g. sitting, kneeling, lying down
- How would you change Up and Over to make it easier for someone who is a beginner at boccia?
- How would you change Up and Over to make it more challenging for someone who is already very good at boccia?



Respect (and Co-operating, Communicating)

- In Up and Over, you will be working with others, e.g. in a group at the activity or in the Problem Solving tasks above.
 - What could you say and/or do to support and encourage them?
- Don't feel that you always have to comment on how to improve. Sometimes you just need to appreciate what they can do.*