



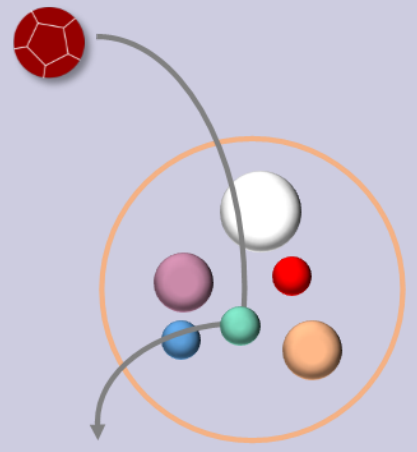
# Boccia Bonanza Station 6: Out of the Circle

## What to do


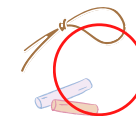

**Propel the ball into the hoop to knock one of the balls out of the hoop**


There are 3 ways to try this activity:

- Use an underarm throw
- Use an overarm throw
- Roll the ball down a ramp and into the hoop



### You will need


-  **A ball:** this can be a boccia ball, beanbag, small heavy ball, juggle ball
-  **A hoop:** or a rope or chalk circle
-  **A variety of balls:** these can be boccia balls, beanbags, small heavy balls, juggle balls



### Ideas to help you with Out of the Circle


- Draw a small circle on the floor (or use a smaller hoop) to make it easier to knock a ball out
- Place larger/lighter balls in the circle
- Move closer to the circle to start
- Roll the ball on the floor instead of throwing it
- Use a heavier ball on the ramp

### Being Successful




#### Things to think about:

- What am I doing to be successful?
- Are my shoulders, hips and feet lined up to face the circle?
- Am I holding the ball too tightly?
- Am I looking at the circle?
- Can I change the weight of my throw/roll if it is at first too hard or too soft?



#### How to score points if doing the Boccia Bonanza Circuit

- You release the ball in the right direction (1 point)
- You touch or move a ball within the circle with your ball (1 point)
- You knock a ball out of the circle with your ball (1 point)



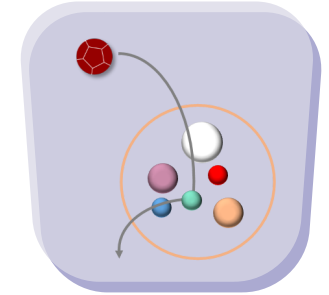
### Ideas to challenge yourself

- Move the starting position further away
- Make the circle bigger
- Use smaller balls inside circle
- Once you can knock 1 ball out of the circle often, try knocking 2 or 3 balls in a row, out of line for extra points
- Try using the non-preferred hand to throw/roll
- Once you have lots of success, could you try it blindfolded?



### Possible learning through this activity

- Control and rhythm & timing - in the body and also judging the strength/ speed of release of the ball
- Determination and resilience - keeping going and challenging yourself
- Focus and concentration - shutting out distractions
- Kinaesthetic awareness - awareness of positioning of body, arm
- Respect - recognising other people's abilities and supporting each other



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

- Why does something not happen as it should? *e.g. the ball is released in the wrong direction or lands outside the circle*
- What can we do to fix it?
- Why might you be more successful using a heavier ball than a lighter ball?
- If you were using a ramp and the ball did not reach the circle, what did you do to fix this?
- If the ball reaches the circle most times, what are you doing to make that happen?
- Can we spot people who are being successful, and can we work out why?
- If you are having success most of the time, do you recognise that and make the task more challenging, without being told, in order to keep you motivated?



### Problem Solving and Creativity (Communication and Leadership)

- You want to play Out of the Circle at home, but do not have a hoop or lots of different types of balls to use. What equipment could you use instead?
- Think about what other types of objects you could use in the hoop that would allow you to practice accuracy and strength in your throw.
- Try your ideas out to see if they work and then share them with others.



### Confidence and Self-Esteem (and Respect)

Work with a partner. Both of you take a few shots at Out of the Circle and then:

- Tell each other what you think you are doing well - what did you do to be successful?
- Ask your partner what they think you could maybe do to improve - remember their job is to help and support you
- Use what you've discussed to see if you can improve your scores. If it's not working have another discussion and see if you can work out why - remember it might be the equipment or the set-up and not you.