

## Activity Ideas: *Bean Bag Boccia Game*

(PE01004)



*This pack contains a set of 13 'triangular' bean bags, 6 red, 6 blue and a 'jack' bean bag. There is also a rope which can be used in a variety of ways but principally as a target.*

Boccia is a paralympic sport and you can learn about the game through the paralympic professionals. It is designed to be inclusive, allowing pupils of all abilities to participate. Boccia can be played seated enabling players to play from a wheelchair, bench or chair.

There are many games that can be played with this set and below are seven ideas for you. The games can be easily adapted to be played with other equipment such as foam footballs, beach balls, tennis balls or ball pit balls. The beauty of the triangular bean bags is that they can be easily held and thrown.

Games can be adapted to suit different age groups and abilities and can be played individually, in pairs or in teams. The games can be played indoor or outside. Under and overarm throwing techniques can be used and the distance from the target can be changed to make it easier or harder. Other challenges can also be put into play such as getting players to throw with their non-dominant hand.

### Activity 1- *Pétanque or Boules*

Play similarly to game of Pétanque or Boules. One child throws the jack and then throws their beanbag with the aim of getting close to the jack. The others throw their bags and once all the beanbags have been thrown the players decide who is the nearest to the jack. The closest to the jack scores one point. If the next nearest bag is the same player or team, they score another point and so on until their opponent has a bean bag near the jack and this stops the count.

You could set the children to play 'first to 21' or 'the best score' after a fixed number of goes or 'ends.'

Either hand can be used, and better players could be challenged to use their non-dominant hand to play.

The game is very inclusive and allows all abilities to take part.

## Activity 2- Target Game

There are a variety of target games that can be played, and players can play individually or in teams of 2 or 3 players. The rope could be used to form a target either as a circle to throw into, or to create a line to throw nearest to, or used to make a snake shape with each curve a different score. The jack beanbag can also be used as the target and the rope as a measuring stick to see who is nearest to the jack.

The games could be played to teach and perfect different throwing techniques.

## Activity 3- Blindfold

This game is played in pairs with one player blindfolded. The player who can see has to guide their partner and give them instructions to throw their beanbag to reach the target. Pairs will need to work together and use positive communication and listening skills.

The game can be made more challenging by creating a maze with cones that you also have to guide your partner through first before aiming for the target.

## Activity 4- Boccia Golf

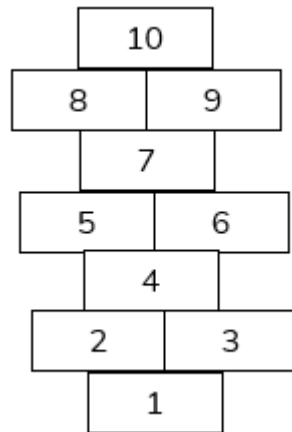
Design your own golf circuit or course and have fun moving around it. The holes could be scattered spots or pots. The aim is to get the Boccia bag into the hole in as few shots as possible. You could create a 'Tee off' zone for each hole and make it more challenging by adding obstacles. You could even create a par score to aim for.

## Activity 5- Bucket Challenge

Set up a bucket inside a hoop (using either a hula hoop or the rope to create a hoop shape). Take turns to land your Boccia beanbag in the bucket to obtain 3 points or in the hoop to get 1 point. Buckets and hoops could be set up at each end of a court with players trying to score in their opponent's bucket or the targets could be set up as a throwing challenge with buckets placed at different distances from the start line. See who can be the first player or team to reach the score of 21 first.

## Activity 6-Hopscotch Activity

Set up a hopscotch grid. The aim is to work your way up the numbers, trying to land your beanbag in each number section. You could do this in order from 1 to 10 so that there is a gradual increase in difficulty. If your bag doesn't land correctly then it is the turn of your opponent. Who will be the first to get to 10 and then back down to 1 the quickest? Can anyone complete the challenge in one?



## Activity 7- Bowling Alley

Set up a row of cones or place cones in triangular arrangement at the end of a bowling lane. Players aim to knock over the cones with their beanbag. Time how long it takes to hit all the cones. Try to beat your score each time. Decrease or increase the distance to challenge or support players. Vary the game by having the targets on a bench to knock off. There are lots of different options.

**Boccia has endless possibilities and can be enjoyed by all.**

**We hope you have fun with your Boccia games.**

