

Shropshire and Telford & Wrekin Virtual School Games

BOCCIA

Achieve the challenge: Complete the Boccia challenge and record your results

HOW TO PLAY

Challenge 1: Target Roll

Children have to kneel or sit down in a chair 5 metres away from the target zone. The aim of the game is to get the ball as close to the centre as possible, you have 6 rolls and you can use anything from tennis balls, soft balls, rolled up socks, anything small and round! Mark a circle with chalk and mark each of the three layers with points. Outside layer—1 point, middle layer—5 points and centre layer—10 points. If you can't make the circle put markers down at the side of the area, if they get past the first marker 1 point, 2nd marker 5 points and 3rd marker 10 points. The ball must not travel past the last marker it must stay in the zone. How many points can you get with 6 rolls?

EQUIPMENT:

Tennis ball or similar ball | Scoresheet | Pen | Chalk | Markers



VIDEO LINK:

<https://www.youtube.com/watch?v=cVFXHc2vhKE>

<https://www.youtube.com/watch?>



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SAFETY:

Ensure you have enough space
Be aware of your surroundings and remove anything breakable

CHANGE IT UP:

Play against an opponent and use the rules of being able to knock one another's balls out of the zone, who ever is closest to the middle area after 6 rolls is the winner!

KEY SKILLS:

Rolling—Technique—Judgement—Accuracy—Concentration

SPIRIT OF THE GAMES:

During the #BocciaChallenge we hope to see the following School Games Values on show



Challenge	Score
6 Target Rolls	
Total	

#VirtualSTWSchoolGames



YOUTH
SPORT
TRUST

#BocciaChallenge