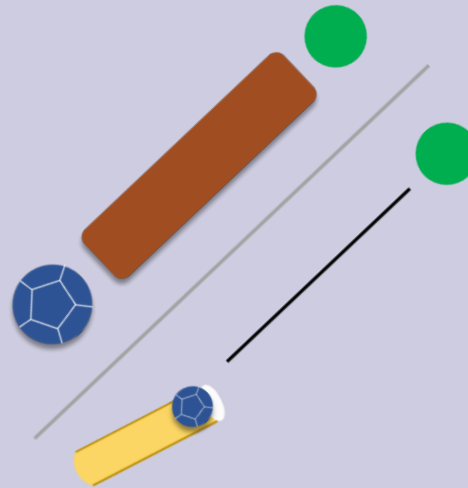


What to do

Send the ball along the bench to land on the target

There are 2 ways to try this activity:

- Use an underarm swing to roll the ball along the bench
- Roll the ball down a ramp and along a straight line, or between 2 lines on the floor



You will need



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



A bench: instead you can use two parallel ropes or canes or lines on the floor



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



Ideas to help you with Bench Roll

- Position yourself beside the bench, around halfway along, to be closer to the target
- Take the bench away and use wider lines on the floor
- Make the target bigger
- Take the target away and use a line to cross or gate to pass the ball through
- A heavier ball is easier than using a lighter ball

Being Successful



Things to think about:

- What am I doing to be successful?
- Is your body balanced and steady?
- Is your arm, or ramp, finishing pointing in the direction you want the ball to go?
- Is your roll strong enough to reach the end of the bench?
- Is your roll too strong so the ball shoots past and doesn't land on the target?



How to score points if doing the Boccia Bonanza Circuit

- You release the ball (1 point)
- The ball lands on the bench (1 point)
- You roll the ball to the end of the bench without it falling off (1 point)
- You land the ball on the target (1 point)



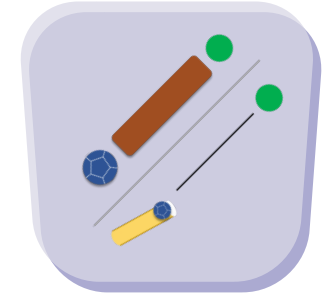
Ideas to challenge yourself

- Try standing further back from the bench/line
- Add more targets (name them A, B and C) 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 your strength and speed of release
- Core stability - keeping your body steady
- Focus and concentration - shutting out distractions
- Determination and resilience - keeping going and challenging yourself
- Rhythm and timing - releasing the ball



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

- Why does something not happen as it should? *e.g. the ball rolls off the side of the bench, the ball lands outside the target*
- 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 rolled off the line, what did you do to fix this?
- If the ball reaches the target most times, what are you doing well to make that happen?
- Can we spot people who are being successful, and can we work out why?
- How do we make sure everyone is included and has a fair turn?



Being Confident - recognising what you are good at (and Decision Making)

- Ask a partner to video you performing the task 3 times
- Watch the video and look first for what you are doing well to successfully score points
- Watch the video again and decide:
 1. What you need to practice to score more points or
 2. How to make the task more challenging for yourself, if you are scoring maximum points



Communicating with Others (and Leadership, Respect)

Work with 2 or 3 others in a team and take turns at being team leader. The team leader should:

- Choose what way to do the activity and demonstrate what to do for the others in the team
- Keep scores for everyone in the team and give suggestions for ways to improve where appropriate
- Be respectful of others' abilities and efforts