



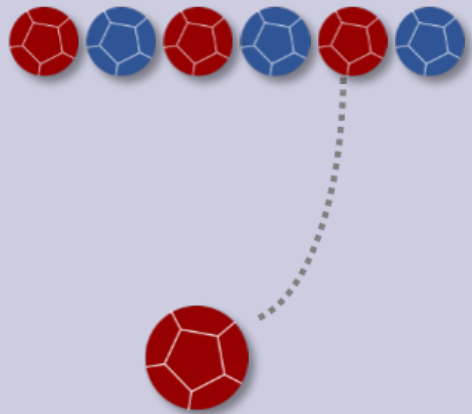
# Boccia Bonanza Station 4: Out of Line

## What to do

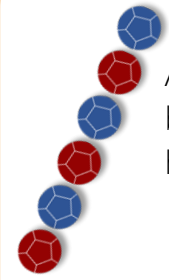
**Propel the ball to knock one of the balls out of line with the others**

There are 3 ways to try this activity:

- Use an underarm roll or throw
- Use an overarm throw
- Roll the ball down a ramp



## You will need



A line of balls: these can be bocchia balls, beanbags, small heavy balls, juggle balls

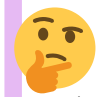


A ball: this can be a bocchia ball, beanbag, small heavy ball, juggle ball

## Ideas to help you with Out of Line

- Use larger, lighter balls in the line
- Place the balls in the line very close together
- Use a heavier ball to roll or throw
- Move closer to the line to start
- Roll the ball on the floor instead of throwing it

## Being Successful



### Things to think about:

- What am I doing to be successful?
- Are my body and feet directed towards the line?
- Am I looking at the line?
- Am I holding the ball too tightly?
- 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 (1 point)
- You touch one of the balls with your ball (1 point)
- You knock one of the balls out of line (1 point)



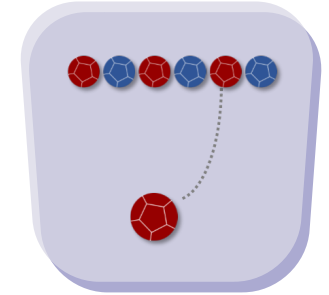
## Ideas to challenge yourself

- Start further away from the line
- Space the balls in the line further apart
- Use small balls in the line
- Once you can knock 1 ball out of line often, try knocking 2 or 3 balls in a row out of line for extra points
- Try throwing/rolling the ball with the non-preferred hand
- Place a marker (e.g. ball, cone, beanbag) somewhere behind the line of balls and try to knock one of the balls as close as you can to the marker.



### Possible learning through this activity

- Control and rhythm and timing - in the body and also judging 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 well beyond the line*
- What can we do to fix it?
- If you were using a ramp and the ball did not reach the line, what did you do to fix this?
- If you knock a ball out of the line most times, what are you doing to make that happen?
- Can we spot the 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? Do you do this without being told, in order to keep you motivated?



### Decision Making

Take 3 attempts using an underarm throw, then take 3 attempts using an overarm throw.

If you are using a ramp: take 3 attempts using one type of ball, e.g. boccia ball, and then 3 attempts using a beanbag or another type of ball.

- Think about when you were most successful, i.e. were you better at underarm throw or overarm throw or did one type of ball work better than the other?
- Use what you have learned to make a decision about how you can best score points for Out of Line.



### Being a Leader (and Respect)

Work in a group of 3/4 and take turns at taking on these different roles:

- Organiser - your role is to set up Out of Line or give others instructions on how to set it up.
- Score Keeper - your role is to work out and record the scores for everyone in your group.
- Coach - your job is to congratulate others on what they are doing well to score points and make suggestions on anything they could do to improve. Remember to respect others' abilities and efforts.