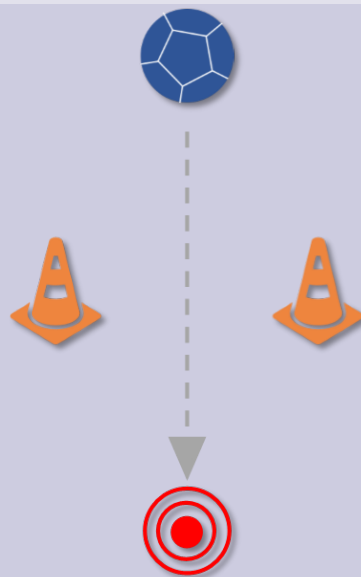


### What to do

**Propel the ball through the 2 cones to come to rest on the target**

There are four ways to try this activity:

- Roll the ball through the gate
- Roll the ball down a ramp and through the gate
- Use an underarm throw
- Use an overarm throw



### You will need



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



A gate: this can be 2 cones, markers, etc.



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



### Ideas to help you with Through the Gate

- Take more turns by using lots of beanbags and work in pairs
- Make the target a line to throw across or a large hoop to throw into
- Move closer to the target at start
- Take away the cones
- Use several targets

### Being Successful



#### Things to think about:

- What am I doing to be successful?
- Is your body balanced and steady?
- Are you looking at the target?
- Are you letting go of the ball at the right time?
- Is your throw strong enough to reach the target?



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

- You release the ball (1 point)
- You propel the ball through the 2 cones (1 point)
- You make the ball come to rest on the target (1 point)



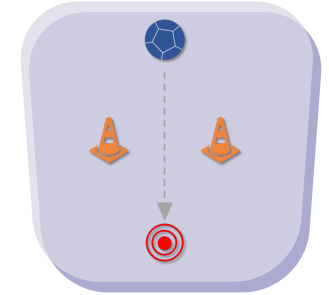
### Ideas to challenge yourself

- Move the cones closer together
- Move the target further away
- Try a variety of weights and sizes of balls and note what difference this makes
- Be creative with the activity, e.g. working with a partner and use their legs as the gate!
- Use several targets and identify which one you are aiming for.



### Possible learning through this activity

- Control - judging strength of release
- Focus and concentration - shutting out distractions
- Determination and resilience - keeping going and challenging yourself
- Rhythm and timing - releasing the ball
- Kinaesthetic awareness - awareness of positioning of body, arm



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

- Why does something not happen as it should? *e.g. the ball doesn't go through the gate, the ball goes past the target*
- What can we do to fix it?
- Why does something work well and what is it we are doing to make that happen? *e.g. the ball lands on the target most times*
- What do I need to do next? *e.g. make changes to Through the Gate to help myself, challenge myself more, practice more*
- Can we spot the people who are being successful and can we work out why?



### Problem Solving and Creativity (and Decision Making)

- Use only the diagram of Through the Gate to set up the activity. Try the activity and check if it works and if not decide where any changes should be made.
- Experimenting with different ways of doing the task. Think **STEP** to help you, i.e. think about ways of changing the **Space** you are working in, the **Task** you are doing, the **Equipment** you are using or the **People** involved
- Inventing other games that use the skills we've learned?



### Being a Leader (Communication and Respect)

- Choose a card and teach the activity to another group.
- Ask if you can video someone doing the activity and talk through together what they are doing well and what they could do to improve.
- Respect others' abilities and efforts by being supportive and encouraging.