Content outline
This activity aims to recreate the Paralympic target game ‘Boccia’, using equipment you can find around your home
- Co-ordination
- Control
- Confidence
- Creativity

Space
- Increase the distance to the target to increase the difficulty of the task
- Decrease the distance to the target to make the task easier

Equipment
- Use different household items as balls (Eg. Rolled up socks, paper balls, balls of wool)
- If throwing is not an option, improvise a chute using cardboard

Task
- Progressively adapt the activity to gradually increase difficulty – start close to the target and move further away when successful
- Practice propelling the ball in different ways to discover a method which best suits the young person (eg. Underarm roll, overarm throw, etc)
- Role-play: One person throws ‘blocking balls’, the other tries to avoid these to reach the target ball

People
- A family member can support a young person who has visual / spatial impairments by making a noise near the target (like clapping)
- Play against yourself, or against another family member
- The game can also be played in teams

Learning intention
Physical:
- To develop and refine hand-eye coordination skills and spatial awareness
- To develop the basic skills required for Boccia

Personal:
- To learn the rules and tactics of Boccia

Learning questions:
- Where should you throw or roll the target ball?
- What factors influence your choice?
- What creative household items can you use as equipment for this game?
- How does the kind of ball you use affect the game?