

Boccia PE Home Learning



Can you play fairly and keep the score?

Time to Learn:

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker five steps away.
- Each player needs three balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner.



Place the target marker closer to you. Only move it further away when you feel confident.



Challenge yourself to try and throw or roll with your weaker hand! Have a competition with different family members. Try playing on different surfaces in different rooms.

Top Tips

Roll or Throw Underarm

 Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.



Let's Reflect

What did you learn after each throw or roll to adapt for the next?

How did you keep focused?



