

Lesson Objective To develop throwing a ball straight in Boccia **Lesson 1/6**

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Keep the arm swinging close to the body when throwing so that its trajectory remains straight
- Use the basic bowling and underarm throwing technique when throwing the Boccia ball
- Use the 3-step approach to throwing the ball

EDSTART KNOW

- I can explain why keeping my arm close helps me throw straight
- I can describe how to aim at a target
- I can explain how follow-through improves accuracy

EDSTART GO

- I can roll the ball with control towards a target
- I can keep my arm close to my body when rolling
- I can show accuracy when aiming at a hoop or marker

EDSTART SHOW

- I can encourage my partner during practice
- I can take turns fairly when rolling
- I can celebrate effort as well as results

Key Questions How do you aim in Boccia?
Keep your hand pointing at the target after release.

Warm Up Over the River:
Pupils throw/roll balls over a central line, increasing distance.

Main Activity Skill Development:
Demonstrate Technique: Longer backswing for power, bend knees for leverage.
Pupils practise underarm throws for medium distance, then extend gradually.
Progression: Try overarm throws, focusing on higher release for more distance.

1. **Target Hoops:** Place 3–4 hoops at different distances in front of each pair or team. Each pupil has three Boccia balls and rolls underarm, aiming to land inside the hoops. Encourage focus on accuracy, smooth release, and keeping the arm close to the body.
2. **Moving Back Challenge:** Once successful, move hoops back by 1–2 metres. Pupils repeat the task from the further distance, concentrating on controlled power and technique rather than speed.
3. **Mini Boccia Match:** Divide into groups (3v3 or 4v4). Place a jack ball and play a short Boccia match with alternate throws. Reinforce aiming, teamwork, and celebrating progress as well as results.

Adapted Learning (Differentiation) (Challenge)

SPACE

Move targets closer/further; adjust width of lanes.

TASK

Start with simple rolls, progress to aiming challenges.

EQUIPMENT

Use bean bags/lighter balls for support; smaller hoops for challenge.

PEOPLE

Pair with supportive partner; small groups for team feedback.

Cooldown / Plenary Slow Walk & Roll:
Pupils gently roll balls to partners while walking slowly. Stretch: Arm circles, hamstrings, shoulder stretch.

Key Technical Points

- Keep the arm close to the body during the swing
- Release with palm facing upwards
- Follow through directly towards the target

Lesson Objective To develop the distance that children can throw a ball in Boccia **Lesson 2/6**

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Vary their throw using both underarm and overarm throws depending on the distance
- Have the palm of their hand facing the sky when throwing
- Understand to bend at the knees to increase accuracy

EDSTART KNOW

- I can explain how bending my knees adds power
- I can describe the difference between underarm and overarm throws
- I can explain when to use power versus control

EDSTART GO

- I can throw further by swinging my arm back more
- I can practise both underarm and overarm throws
- I can control how much power I use depending on the target

EDSTART SHOW

- I can throw further by swinging my arm back more
- I can practise both underarm and overarm throws
- I can control how much power I use depending on the target

Key Questions Which throw gave you more distance and why?
The overarm throw usually gives more distance because it uses more power and momentum, but the underarm throw is better for control.

Warm Up Over the River:
Pupils throw/roll balls over a central line, increasing distance each round.

Main Activity Skill Development:
Demonstrate how a longer backswing, bending knees, and using legs adds power. Show both underarm (for control) and overarm (for distance). Pupils practise both techniques with peer feedback.

Main Activity:

1. **Jack Explorer:** Place the jack at varying distances. Pupils throw, aiming to land closest, adjusting technique to match the distance.
2. **Power Zone Game:** Mark three scoring zones (short=1pt, mid=2pts, long=3pts). Pupils try to land in higher zones, balancing accuracy with power.
3. **Team Relay Throw:** In teams, pupils take turns throwing for distance. Add up team totals to create a collaborative challenge.

Adapted Learning (Differentiation) (Challenge)

SPACE

Change target distances; expand or reduce throwing lanes.

TASK

Begin with controlled throws, progress to power throws.

EQUIPMENT

Use lighter/heavier balls depending on ability; larger targets for support

PEOPLE

Group pupils by ability for distance challenges; rotate roles.

Cooldown / Plenary Light jog slowing to a walk. Stretch calves, quads, and arms overhead. Finish with a calm, controlled underarm throw.

Key Technical Points

- Use longer backswing for added power
- Bend knees to generate strength
- Overarm = more distance, underarm = more control

Lesson Objective To use the three different types of throws used in Boccia (Roll, underarm and overarm throw) **Lesson 3/6**

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Throw the ball with more power using a longer back swing
- Understand the underarm throw will allow for more control over the speed of the ball
- Start to use the overarm throw to allow them to aim at a particular ball/area

EDSTART KNOW

- I can explain the difference between roll, underarm, and overarm throws
- I can describe which throw type works best for a target
- I can explain how each throw changes the ball's movement

EDSTART GO

- I can perform all three throw types with accuracy
- I can choose the correct throw for different targets
- I can practise changing throws during a game

EDSTART SHOW

- I can support my partner when practising throws
- I can respect different throwing styles
- I can include everyone in group activities

Key Questions Which throw type was the hardest and why?
Most pupils find the overarm hardest because it needs more strength and timing, but some may find rolling difficult as it requires accuracy and a smooth release.

Warm Up Throw Mix-Up:
Teacher calls out "roll", "underarm", or "overarm" and pupils respond with the correct throw. Build speed for added challenge.

Main Activity Skill Development:
Demonstrate each throw: roll = smooth along floor, underarm = controlled arc with palm up, overarm = powerful high release. Pupils practise 5 repetitions of each, focusing on form.

Main Activity:

1. **Throw Type Stations:** Set up three stations – roll into a hoop, underarm into a box, overarm at a cone. Pupils rotate and practise each throw type.
2. **Decision Boccia:** Place targets at short, medium, and long distances. Pupils decide which throw type best suits each, explaining their choice before throwing.
3. **Triple Throw Match:** Play a Boccia game where each player must use all three throw types at least once. Discuss strengths and weaknesses after.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust distances for each throw type; vary target placement.

TASK

Begin with one throw, progress to decision-making games.

EQUIPMENT

Use bean bags for support; smaller targets for challenge.

PEOPLE

Rotate roles so everyone attempts each throw; peer coaching in pairs.

Cooldown / Plenary Pupils throw and catch scarves gently. Finish with shoulder, side bends, and wrist stretches. End by performing their favourite throw slowly and in control.

Key Technical Points

- **Roll** – smooth, close to the floor
- **Underarm** – arc with palm up
- **Overarm** – power with high release

Lesson Objective To throw the ball in Goalball

Lesson 4/6

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Know to use an underhand technique to throw a Goalball
 - Swing the ball back on their first step
 - Move the ball forward and lower body close to the floor on the second step
 - Release the ball on the third step
 - Throw the ball in less than ten seconds once received

EDSTART KNOW

- I can explain the 3-step throwing technique
- I can describe why low throws are harder to block
- I can explain how timing affects my throw

EDSTART GO

- I can perform a 3-step throw with control
- I can aim my throw at specific goal zones
- I can release the ball smoothly within 10 seconds.

EDSTART SHOW

- I can encourage teammates during practice
- I can respect turn-taking in my group
- I can celebrate effort and improvement, not just goals

Key Questions Why is it important to keep Goalball throws low?

Low throws make it harder for defenders to hear and react, and the ball is less likely to bounce, which keeps it within the rules.

Warm Up

Bowling Alley:

Set up cones as "pins" in lanes. Pupils roll balls down, aiming to avoid cones and keep throws low.

Main Activity

Skill Development:

Demonstrate the 3-step throw: swing ball back, step forward low, release smoothly within 10 seconds. Pupils practise in pairs, focusing on rhythm and low releases.

Main Activity:

1. **Target Goalball:** Mark zones in a wide goal and challenge pupils to throw into different sections for accuracy.
2. **Beat the Keeper:** One pupil defends while others take turns throwing within the 10s rule. Rotate roles to experience both attacking and defending.
3. **Quick-Throw Match:** Play 3v3 Goalball with a rule that throws must be made within 10 seconds. Focus on quick decisions and teamwork.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust width of goals; vary throwing distances.

TASK

Start with simple throws, progress to timed matches.

EQUIPMENT

Use softer/lighter balls for beginners; standard goalball for challenge.

PEOPLE

Pair practice for support; small teams for gameplay.

Cooldown / Plenary

Walking Pass:

Pupils walk while slowly rolling passes. Stretch hips, back, and hamstrings. Finish with a slow 3-step throw to practise rhythm.

Key Technical Points

- **Step 1:** Swing ball back
- **Step 2:** Step forward low
- **Step 3:** Release smoothly within 10 seconds

Lesson Objective To pass the ball in a Goalball

Lesson 5/6

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Call the name of the receiver before they pass the ball
- Knock on the floor to give cue to the receivers before they pass

EDSTART KNOW

- I can explain why communication helps passing
- I can describe how to use verbal or knock signals
- I can explain why moving into space helps my team

EDSTART GO

- I can make accurate passes to a partner
- I can call a teammate's name before passing
- I can move into a new space after I pass

EDSTART SHOW

- I can respect turn-taking in my group
- I can encourage teammates to communicate clearly
- I can work well with others to keep the game flowing

Key Questions How does communication help when passing in Goalball?

Communication helps teammates know when and where the ball is coming, making passes more accurate, safer, and easier to control.

Warm Up

Silent Ball:

Pupils pass the ball without speaking, using only signals. Introduce communication challenges to highlight importance of cues.

Main Activity

Skill Development:

Demonstrate verbal (calling a name) and non-verbal (knocking floor) passing cues. Pupils practise in pairs, focusing on accuracy, timing, and clear signals.

Main Activity:

1. **Passing Circle:** Pupils pass around the circle, alternating between name calls and knock cues. Emphasise listening and accuracy.
2. **Pass & Move:** Pupils pass then move quickly into a new space, building awareness and teamwork.
3. **Mini Passing Game:** 3v3 match where each team must make at least two successful passes before shooting. Builds teamwork and confidence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust passing distances; larger or smaller practice areas.

TASK

Start with static passes, progress to moving passes.

EQUIPMENT

Use softer balls for support; smaller balls for challenge.

PEOPLE

Pair strong communicators with less confident pupils; rotate team roles.

Cooldown / Plenary

Gentle Passing Circle:

Stretch arms, chest, and calves. End with one slow, accurate pass to reflect on technique.

Key Technical Points

- Call teammate's name before passing
- Knock floor as a sound cue
- Keep passes low and controlled

Lesson Objective To block a shot in Goalball

Lesson 6/6

Equipment Needed Boccia balls, bean bags, small balls, large ball, hoops, flat markers.

Success Criteria Children can:

- Understand blocks are typically made from a horizontal lying position with arms and legs fully extended
- Start in a basic 'ready' position and listen to the direction of the ball where they then lower themselves to the floor carefully and then quickly
- Know to lean slightly forward so that the ball deflects down to the floor when it contacts them

EDSTART KNOW

- I can explain the correct position for blocking
- I can describe how teamwork helps defending
- I can explain why listening carefully is important in Goalball

EDSTART GO

- I can drop quickly to block the ball
- I can extend my arms and legs to cover more space
- I can deflect the ball down safely

EDSTART SHOW

- I can support my team when defending together
- I can rotate roles fairly between attack and defence
- I can celebrate effort when someone attempts a block

Key Questions How can teamwork help when blocking in Goalball?

Teamwork allows defenders to cover more space, support each other if one misses, and build confidence by working together to protect the goal.

Warm Up

Defender's Wall:

Pupils form small "walls" and practise stopping slow rolling balls. Build anticipation skills and teamwork.

Main Activity

Skill Development:

Demonstrate the defensive stance: knees bent, alert, and listening. Show quick drop to floor, extending arms and legs wide to block. Pupils practise with slow balls first, progressing to faster throws.

Main Activity:

1. **Block Relay:** Teams defend against rolling balls in turns, scoring points for successful stops. Encourage anticipation and quick reactions.
2. **Defender's Challenge:** Pupils defend against throws at different speeds/distances, developing listening and timing.
3. **Mini Matches:** Run 3v3 Goalball matches with players rotating roles. Emphasise teamwork, communication, and resilience in defence.

Adapted Learning (Differentiation) (Challenge)

SPACE

Widen/narrow defending zone; adjust throwing distances.

TASK

Begin with slow rolls, progress to faster throws.

EQUIPMENT

Use lighter/softer balls for beginners; heavier for challenge.

PEOPLE

Mixed-ability teams for support; rotate attackers and defenders.

Cooldown / Plenary

Defender's Walk:

Pupils walk slowly while stopping gentle rolling balls with hands. Stretch back, hamstrings, and shoulders. End with a calm drop-to-floor block.

Key Technical Points

- Start in ready position with knees bent
- Drop quickly, extending arms and legs wide
- Deflect the ball down to the floor