

Inclusive Sports Lesson Plan

PLAYING
EDSTART

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: <ul style="list-style-type: none">Keep the arm swinging close to the body when throwing so that its trajectory remains straightUse the basic bowling and underarm throwing technique when throwing the Boccia ballUse the 3-step approach to throwing the ball					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain why keeping my arm close helps me throw straightI can describe how to aim at a targetI can explain how follow-through improves accuracy	<ul style="list-style-type: none">I can roll the ball with control towards a targetI can keep my arm close to my body when rollingI can show accuracy when aiming at a hoop or marker		<ul style="list-style-type: none">I can encourage my partner during practiceI can take turns fairly when rollingI 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. <ol style="list-style-type: none">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.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.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	<ul style="list-style-type: none">Keep the arm close to the body during the swingRelease with palm facing upwardsFollow through directly towards the target					

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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: <ul style="list-style-type: none">Vary their throw using both underarm and overarm throws depending on the distanceHave the palm of their hand facing the sky when throwingUnderstand to bend at the knees to increase accuracy					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain how bending my knees adds powerI can describe the difference between underarm and overarm throwsI can explain when to use power versus control	<ul style="list-style-type: none">I can throw further by swinging my arm back moreI can practise both underarm and overarm throwsI can control how much power I use depending on the target		<ul style="list-style-type: none">I can throw further by swinging my arm back moreI can practise both underarm and overarm throwsI 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: <ol style="list-style-type: none">Jack Explorer: Place the jack at varying distances. Pupils throw, aiming to land closest, adjusting technique to match the distance.Power Zone Game: Mark three scoring zones (short=1pt, mid=2pts, long=3pts). Pupils try to land in higher zones, balancing accuracy with power.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	<ul style="list-style-type: none">Use longer backswing for added powerBend knees to generate strengthOverarm = more distance, underarm = more control					

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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: <ul style="list-style-type: none">Throw the ball with more power using a longer back swingUnderstand the underarm throw will allow for more control over the speed of the ballStart to use the overarm throw to allow them to aim at a particular ball/area					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain the difference between roll, underarm, and overarm throwsI can describe which throw type works best for a targetI can explain how each throw changes the ball's movement	<ul style="list-style-type: none">I can perform all three throw types with accuracyI can choose the correct throw for different targetsI can practise changing throws during a game		<ul style="list-style-type: none">I can support my partner when practising throwsI can respect different throwing stylesI 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: <ol style="list-style-type: none">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.Decision Boccia: Place targets at short, medium, and long distances. Pupils decide which throw type best suits each, explaining their choice before throwing.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	<ul style="list-style-type: none">Roll – smooth, close to the floorUnderarm – arc with palm upOverarm – power with high release					

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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	<p>Children can:</p> <ul style="list-style-type: none">Know to use an underhand technique to throw a Goalball<ul style="list-style-type: none">Swing the ball back on their first stepMove the ball forward and lower body close to the floor on the second stepRelease the ball on the third stepThrow the ball in less than ten seconds once received					
EDSTART KNOW	<ul style="list-style-type: none">I can explain the 3-step throwing techniqueI can describe why low throws are harder to blockI can explain how timing affects my throw		EDSTART GO	<ul style="list-style-type: none">I can perform a 3-step throw with controlI can aim my throw at specific goal zonesI can release the ball smoothly within 10 seconds.		
EDSTART SHOW			<ul style="list-style-type: none">I can encourage teammates during practiceI can respect turn-taking in my groupI can celebrate effort and improvement, not just goals			
Key Questions	<p>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.</p>					
Warm Up	<p>Bowling Alley: Set up cones as "pins" in lanes. Pupils roll balls down, aiming to avoid cones and keep throws low.</p>					
Main Activity	<p>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.</p> <p>Main Activity:</p> <ol style="list-style-type: none">Target Goalball: Mark zones in a wide goal and challenge pupils to throw into different sections for accuracy.Beat the Keeper: One pupil defends while others take turns throwing within the 10s rule. Rotate roles to experience both attacking and defending.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	<p>Walking Pass: Pupils walk while slowly rolling passes. Stretch hips, back, and hamstrings. Finish with a slow 3-step throw to practise rhythm.</p>					
Key Technical Points	<ul style="list-style-type: none">Step 1: Swing ball backStep 2: Step forward lowStep 3: Release smoothly within 10 seconds					

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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: <ul style="list-style-type: none">Call the name of the receiver before they pass the ballKnock on the floor to give cue to the receivers before they pass							
EDSTART KNOW	EDSTART GO		EDSTART SHOW					
<ul style="list-style-type: none">I can explain why communication helps passingI can describe how to use verbal or knock signalsI can explain why moving into space helps my team	<ul style="list-style-type: none">I can make accurate passes to a partnerI can call a teammate's name before passingI can move into a new space after I pass		<ul style="list-style-type: none">I can respect turn-taking in my groupI can encourage teammates to communicate clearlyI 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: <ol style="list-style-type: none">Passing Circle: Pupils pass around the circle, alternating between name calls and knock cues. Emphasise listening and accuracy.Pass & Move: Pupils pass then move quickly into a new space, building awareness and teamwork.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	<ul style="list-style-type: none">Call teammate's name before passingKnock floor as a sound cueKeep passes low and controlled							

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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:

- Block Relay:** Teams defend against rolling balls in turns, scoring points for successful stops. Encourage anticipation and quick reactions.
- Defender's Challenge:** Pupils defend against throws at different speeds/distances, developing listening and timing.
- 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