

**Recap: What do we know about Boccia?**

**Lesson 1/6**

# To throw the ball with height (over an obstacle) in Boccia

## **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

**Recap: To throw the ball with height (over an obstacle) in Boccia**

**Lesson 2/6**

# **To understand attacking strategies in Boccia**

## **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 encourage others when they attempt long throws
- I can share equipment sensibly during practice
- I can work with my team to combine distances

**Recap: To understand attacking strategies in Boccia**

**Lesson 3/6**

# **To understand defence strategies in Boccia**

## **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

**Recap: What do we know about Goalball?**

**Lesson 4/6**

# To pass the ball quickly and accurately in Goalball

## **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

**Recap: To pass the ball quickly and accurately in Goalball**

**Lesson 5/6**

# **To score goals in a game of Goalball**

## **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

**Recap: To score goals in a game of Goalball**

**Lesson 6/6**

# **To use defensive strategies in Goalball**

## **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