

Inclusive Sports Lesson Plan

COMPETING
EDSTART

Lesson Objective To throw the ball with height (over an obstacle) in Boccia **Lesson 1/6**

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

Success Criteria Children can:

- Bend the knees (for non-wheelchair users) when throwing/rolling the ball underarm
- Use an underarm throw to judge the pace of the throw
- Use a high throw to allow the ball to stop dead so that it doesn't continue to roll

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

Why might you use a high throw in Boccia?

To stop the ball quickly after landing or to get over another ball blocking the target.

Warm Up

Over the Obstacle Course:

Pupils practise throwing beanbags or soft balls over low hurdles, benches, or cones to develop height and coordination.

Main Activity

Skill Development:

Demonstrate how to bend knees, use a smooth underarm action, and lift the hand higher on release to achieve height. Pupils practise individually, then give feedback in pairs.

Main Activity:

- Target Over Obstacle:** Pupils take turns throwing Boccia balls over a low barrier such as benches, cones, or hurdles, aiming to land them in hoops or target zones. Encourage them to adjust stance and release height to consistently clear the obstacle.
- Dead Ball Challenge:** Pupils practise throws that go over the obstacle and stop quickly on landing, rather than rolling on. Emphasise bending knees and controlled release for accuracy.
- Mini Boccia Match with Obstacles:** Pupils are split into small teams and play a match where all throws must pass over the obstacle before counting. This encourages tactical use of high throws during real gameplay.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust distance to targets; widen or narrow rolling lanes.

TASK

Start with straight rolls, progress to accuracy challenges.

EQUIPMENT

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

PEOPLE

Pair with a supportive partner; small groups for team feedback.

Cooldown / Plenary

Target Walk:

Pupils walk slowly around the space, gently rolling balls into hoops or zones as they pass. Encourage them to focus on smooth, relaxed movements. Finish with light stretches (shoulders, arms, hamstrings).

Key Technical Points

- Bend the knees to generate power and lift
- Use underarm throw with palm up
- Release higher to create a ball that stops dead

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Lesson Objective	To understand attacking strategies 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">Throw the ball with less power to allow for more accurate placement of their ballUse a shorter back swing – underarm throw to have more control of the ballUse the rolling technique to get their ball as close to the Jack ball as possible					
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 encourage others when they attempt long throwsI can share equipment sensibly during practiceI can work with my team to combine distances			
Key Questions	How does reducing power help in attacking Boccia? It improves control and accuracy, making placement easier					
Warm Up	Jack Target Game: Pupils roll to land as close as possible to the jack, building accuracy and focus.					
Main Activity	Skill Development: Demonstrate reduced power and shorter backswing for precise placement. Pupils practise adjusting pace for control. Main Activity: <ol style="list-style-type: none">Placement Practice: Pupils throw Boccia balls towards specific marked zones around the jack, practising accuracy by reducing power and shortening their swing. Reinforce the importance of carefully controlled throws.Tactical Blocking: One pupil or team places a ball near the jack, and the other tries to place their ball in a position that blocks the opponent's access. This builds understanding of attacking positioning.Mini Boccia Match (Attack Focus): Teams play short games where points are awarded not only for proximity to the jack but also for effective attacking throws that create advantageous positions.					
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	Silent Boccia: Pupils roll balls slowly towards the jack without speaking, focusing on calm, accurate throws. After each roll, they take a deep breath before collecting the ball. Follow with arm and calf stretches.					
Key Technical Points	<ul style="list-style-type: none">Use less power for more controlShort backswing improves precisionFocus on placement near jack					

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Lesson Objective	To understand defensive strategies in Boccia			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">Learn the technique of throwing the ball with pace in order to hit another ball out of the wayLook at the positioning of all the balls to work out the best throw optionVary their throws depending on where your opponent's ball has landed					
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	Why use a defensive throw in Boccia? To remove an opponent's ball and protect your scoring chances.					
Warm Up	Knockout Throw: Pupils attempt to knock beanbags off markers, building accuracy and awareness.					
Main Activity	Skill Development: Demonstrate throwing with pace to move another ball. Pupils practise aiming directly at target balls. Main Activity: <ol style="list-style-type: none">Target Ball Knockout: Pupils aim to knock an opponent's ball from a hoop or marked zone using controlled power. This encourages accuracy and strong release.Defence vs Attack Drill: One pupil places a ball near the jack to simulate an attacking shot, while the opponent attempts to knock it away with a defensive throw. Swap roles so all pupils practise both attack and defence.Mini Boccia Match (Defence Focus): Pupils play a game where points are scored for successfully removing an opponent's ball from a scoring position, encouraging tactical defence under pressure.					
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	Knock-Down Calm: Pupils gently roll balls towards skittles or cones, aiming to knock them over with minimum effort. The slower pace helps reduce energy levels. Finish with wrist, shoulder, and neck stretches.					
Key Technical Points	<ul style="list-style-type: none">Use pace to knock away ballsJudge position before throwingAdapt throws for defensive needs					

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Lesson Objective	To pass the ball quickly and accurately in Goalball			Lesson 4/6
Equipment Needed	Small balls, large ball, hoops, flat markers.			
Success Criteria	Children can: <ul style="list-style-type: none">Understand they are not allowed to throw the ball more than two consecutive times in game, so must pass the ballKnow the team throwing the ball has ten seconds to throw the ball towards the other team's netKnow the ball must touch the floor before passing over the centre line when thrown			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<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	<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	<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	Why pass quickly in Goalball? To beat the 10-second rule and create scoring chances.			
Warm Up	Quick Pass Relay: Pupils pass balls down a line quickly, focusing on accuracy.			
Main Activity	Skill Development: Demonstrate quick, low passes with floor contact before halfway. Pupils practise passing under 10s in pairs. Main Activity: <ol style="list-style-type: none">Passing Circle: Pupils form a circle and practise passing quickly around, ensuring the ball touches the floor before the centre line. Add a time limit to increase speed and focus on accuracy.Pass & Move: Pupils pass the ball to a teammate and then move into a new space before receiving again. This develops communication, awareness, and support play.Mini Goalball Match (Passing Focus): Teams play a match where they must complete at least two passes before taking a shot. This ensures passing is used tactically to create scoring opportunities.			
Adapted Learning (Differentiation) (Challenge)	SPACE Adjust playing area size. 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	Pass & Sit: Pupils form a circle and pass the ball slowly around. After each pass, they sit down for a moment, then stand again to receive the next ball, slowing the pace each round. End with stretches (arms, chest, calves).			
Key Technical Points	<ul style="list-style-type: none">Pass within 10sBall must touch floor before centre lineKeep passes low and accurate			

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Lesson Objective	To score goals in a game of Goalball			Lesson 5/6
Equipment Needed	Small balls, large ball, hoops, flat markers.			
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Know they have to get the ball over the goal line to score• Know that if a pass goes behind you into your own net, it counts as a goal			
EDSTART KNOW	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<p>What must happen for a Goalball goal to count? The ball must fully cross the line, even if it's into your own net.</p>			
Warm Up	<p>Target Shooting: Pupils throw at marked zones in the goal to practise accuracy.</p>			
Main Activity	<p>Skill Development: Demonstrate aiming for goal corners with low underarm throws. Pupils practise individually, then with partners. Main Activity:<ol style="list-style-type: none">1. Goal Zone Challenge: Divide the goal into sections (left, right, centre) with cones or markers. Pupils aim throws at different zones, learning to target corners for more success.2. 1v1 Shooter vs Defender: Pupils alternate roles, with one trying to score and the other defending. Encourage shooters to vary their placement and defenders to anticipate ball direction.3. Mini Goalball Match (Scoring Focus): Teams play a match where points are earned for each goal scored, reinforcing rules that the ball must cross the line and touch the floor before the halfway mark.</p>			
Adapted Learning (Differentiation) (Challenge)	SPACE Adjust goal size. 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	<p>Calm Goal Shots: Pupils take gentle throws at the goal from short distances, aiming only for accuracy not power. Encourage quiet focus and steady breathing. Follow with stretches (hips, back, hamstrings).</p>			
Key Technical Points	<ul style="list-style-type: none">• Aim for corners• Ball must touch floor before centre line• Focus on control, not just power			

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Lesson Objective	To use defensive strategies in Goalball			Lesson 6/6
Equipment Needed	Small balls, large ball, hoops, flat markers.			
Success Criteria	Children can: <ul style="list-style-type: none">Put their arms in front of their face to protect them from being hit and head should tilt back slightlyFocus on listening to the ball and moving quickly in order to block the throw			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<ul style="list-style-type: none">I can explain the correct position for blockingI can describe how teamwork helps defendingI can explain why listening carefully is important in Goalball	<ul style="list-style-type: none">I can drop quickly to block the ballI can extend my arms and legs to cover more spaceI can deflect the ball down safely	<ul style="list-style-type: none">I can support my team when defending togetherI can rotate roles fairly between attack and defenceI can celebrate effort when someone attempts a block		
Key Questions	How can teamwork help defend in Goalball? Teamwork covers more space, supports missed blocks, and protects the whole goal.			
Warm Up	Reaction Blocks: Pupils listen for rolling balls and attempt quick blocks.			
Main Activity	Skill Development: Demonstrate defensive stance: knees bent, arms wide, quick drop. Practise against slow, then fast rolls. Main Activity: <ol style="list-style-type: none">Blocking Relay: Pupils take turns defending against rolling balls in a team relay. Each block scores a point, building teamwork and reaction speed.Defender's Challenge: Pupils defend against throws of different speeds and distances, starting with slow rolls and progressing to quicker, harder throws. They must listen carefully and anticipate the ball's path.Mini Goalball Match (Defence Focus): Teams play 3v3 matches with rotating defenders. The focus is on working together to cover the goal, communicate, and make consistent blocks as a unit.			
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	Slow Motion Blocks: Pupils walk in pairs, gently rolling balls to each other while the partner slowly drops into a blocking position. Keep movements slow and calm. End with back, hamstring, and shoulder stretches.			
Key Technical Points	<ul style="list-style-type: none">Knees bent, ready stanceDrop quickly, extend arms and legsDeflect ball downwards			