

Inclusive Sports Lesson Plan

COMPLETE
EDSTART

Lesson Objective	To refine technical precision in Boccia throws			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">Place the ball consistently close to the target under pressureVary the height, pace, and spin of throws for tactical advantageSelf-correct technique after reflecting on performance					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain how precision improves my scoreI can describe how consistency builds pressure in matchesI can explain how power affects accuracy	<ul style="list-style-type: none">I can throw accurately into tight target zonesI can repeat throws with consistencyI can adapt my technique to hit smaller targets		<ul style="list-style-type: none">I can respect my partner's turnI can encourage othersI can support scoring and officiating roles			
Key Questions	How do we improve consistency? By using the same stance, release, and follow-through every time.					
Warm Up	Hit the Hoop: Pupils throw to large hoops at 3m; gradually reduce hoop size.					
Main Activity	Skill Development: Demonstrate how to repeat a consistent action. Pupils practise controlled throws, aiming to group balls close together. Progression: Introduce scoring zones for tighter control. Precision Clusters: Pupils aim to land three consecutive throws inside the same hoop to score a cluster. Focus is on accuracy and repeating the same technique. Progression: Make the hoop smaller or increase the throwing distance to challenge accuracy. Measured Throw: Pupils each throw three balls towards the jack or a marked target zone. After all throws, they measure which ball finished closest. Progression: Pupils aim to get all three throws close, not just one, building consistency. Consistency Challenge: Pupils practise placing three throws at exactly the same distance, even if not closest to the jack. The goal is to show control and repeatability. Progression: Use smaller markers, measure the difference between throws, and record results to track improvement.					
Adapted Learning (Differentiation) (Challenge)	SPACE Move targets closer/further; widen/narrow throwing lanes.	TASK Start with large hoop targets → progress to measured accuracy drills.	EQUIPMENT Beanbags for beginners; smaller hoops/markers for challenge.	PEOPLE Pair weaker with stronger throwers; rotate scorer/thrower roles; peer measuring.		
Cooldown / Plenary	Slow Motion Boccia: Pupils roll their ball as slowly as possible towards the target. Closest to jack with the slowest roll wins. Gentle arm stretches to finish.					
Key Technical Points	<ul style="list-style-type: none">Balanced stanceEyes fixed on targetSmooth underarm release with follow-through					

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Lesson Objective	To apply advanced placement and attacking strategies in Boccia.			Lesson 2/6		
Equipment Needed	Boccia balls, jack ball, cones, hoops, markers.					
Success Criteria	Children can: <ul style="list-style-type: none">Judge when to use power vs precision throwsMove opposition balls through tactical shot selectionWork with teammates to create openings around the jack					
EDSTART KNOW	<ul style="list-style-type: none">I can explain why blocking the jack helpsI can describe how to knock a ball awayI can explain how placement changes the game		EDSTART GO	<ul style="list-style-type: none">I can block, knock, or place tacticallyI can adjust power for attacking shotsI can apply tactics in play		
EDSTART SHOW			<ul style="list-style-type: none">I can share decisions with teammatesI can respect opponentsI can play fairly			
Key Questions	How do we stop our opponent scoring? By blocking their path or knocking their ball away.					
Warm Up	Jack Attack Relay: Pupils roll/throw to see who can finish closest to jack.					
Main Activity	<p>Skill Development:</p> <ul style="list-style-type: none">Demonstrate blocking and knocking techniquesPupils practise aiming to cover space or attack a ball <p>Jack Blocker: Pupils practise placing their ball directly in front of the jack so it becomes a "blocker." The aim is to make it difficult for opponents to reach the jack. Progression: Increase the throwing distance or add a rule that the ball must stop within a smaller "blocking zone" in front of the jack.</p> <p>Target Knockout: Pupils take turns aiming to hit an opponent's ball away from the jack while keeping their own ball close. This develops accuracy under pressure and introduces attacking tactics. Progression: Add scoring zones (e.g., 3 points for knocking out and staying close, 1 point for just a successful knock-out).</p> <p>Decision-Making Scenarios: Teacher sets up different game positions, such as "opponent has two balls near the jack" or "jack is blocked by a ball." Pupils must talk as a team and decide the best tactic before throwing. Progression: Give pupils a time limit to make their decision, or ask them to explain why they chose that option before playing.</p>					
Adapted Learning (Differentiation) (Challenge)	SPACE Shorter/longer distances to jack; smaller/larger scoring zones.	TASK Start with one tactic → progress to scenario choices.	EQUIPMENT Beanbags for support; regulation Boccia balls for challenge.	PEOPLE Peer coaching; rotate teams for fairness; captains lead tactical decisions.		
Cooldown / Plenary	Silent Boccia: Pupils must roll or throw without speaking, focusing on calm movements. Afterwards, light finger and wrist stretches.					
Key Technical Points	<ul style="list-style-type: none">Watch jack closelyControl power for knockoutsDirect follow-through at target ball					

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Lesson Objective	To integrate defensive tactics with attacking play 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">Block opponents' throws by strategic ball placementCombine offensive and defensive thinking to control the gameAnalyse opponents' positions and adjust throws accordingly					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain different tacticsI can describe how tactics affect scoringI can explain how rules shape play	<ul style="list-style-type: none">I can choose and use tactics in gamesI can adapt to different situationsI can make quick decisions		<ul style="list-style-type: none">I can respect refereesI can encourage my teammatesI can celebrate effort, not just winning			
Key Questions	What tactics help us in Boccia? <ul style="list-style-type: none">Blocking – This is when you place your ball in front of the jack so it gets in the way of your opponentKnocking – This is when you aim to hit your opponent's ball away from the jackPlacing Closer to the Jack – This is the simplest and most common tactic: rolling your ball to finish nearer the jack than your opponent					
Warm Up	Closest to Jack Knockout: Everyone rolls one ball, furthest away is out.					
Main Activity	Skill Development: Practise alternating between block, knock, and place. Discuss team tactics before each throw. Scenario Matches: Pupils play short matches, but each game begins with a tactical challenge (e.g., "your first shot must be a block" or "your team starts with one ball close to the jack"). Progression: Award bonus points for successfully completing the tactical challenge (e.g., effective block or accurate opening shot). Tactical Scenarios: Teacher sets up game situations such as "the jack is blocked" or "your opponent has a ball right next to the jack." Pupils must discuss and choose the best response before rolling. Progression: Give pupils a time limit to make their decision, increasing the pressure and realism of match play. Pupil Officials: Pupils take turns acting as referees and scorers during mini tournament matches. Progression: After matches, pupil officials lead a short reflection, asking teams what tactics worked and what could be improved.					
Adapted Learning (Differentiation) (Challenge)	SPACE Use smaller or larger courts; adjust distances for challenge.	TASK Simplified games -> complex scenarios -> tournaments.	EQUIPMENT Beanbags for support; standard Boccia balls for competition.	PEOPLE Rotate captains, referees, scorers; mix-ability teams.		
Cooldown / Plenary	Target Walk: Place hoops around the hall. Pupils walk to each, drop/roll a bean bag in slowly, then move to next station. Breathing and shoulder stretches at end.					
Key Technical Points	<ul style="list-style-type: none">Accuracy before powerSmooth release with follow-throughCommunicate tactics clearly					

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Lesson Objective	To apply creative attacking strategies in Goalball			Lesson 4/6		
Equipment Needed	Goalballs (or balls with bells), cones, floor markers, blindfolds (optional).					
Success Criteria	Children can: <ul style="list-style-type: none">Disguise throws by changing direction, angle, or paceWork with teammates to create space and scoring chancesAnticipate and exploit weaknesses in the opposition's defence					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain why disguise helps attackersI can describe how angles make defending harderI can explain when to use more/less power	<ul style="list-style-type: none">I can roll with power and controlI can attack using anglesI can vary my throw for disguise		<ul style="list-style-type: none">I can respect defendersI can encourage teammatesI can celebrate good attacking play			
Key Questions	Why use disguise? It makes throws less predictable					
Warm Up	Trick Shot Tag: Mark out a safe playing area with cones. Give 2-3 pupils a ball each to start. Pupils move around the space while rollers try to "tag" others by rolling the ball to touch their feet or leg. Rollers are encouraged to use angles (bouncing off cones), disguise (look one way, roll the other), and power (firm but safe rolls). If a pupil is tagged, they do a quick exercise (e.g., 5 star jumps or a stretch) before rejoining the game.					
Main Activity	Skill Development: Demonstrate angle and power throws. Pupils practise rolling at targets from different spots. Scenario Matches: Pupils practise rolling the ball diagonally into marked scoring zones instead of straight ahead. Progression: Make the scoring zones narrower or further apart to increase difficulty. Tactical Scenarios: Pupils set up in the same starting position but vary their throw – sometimes aiming straight, sometimes wide, sometimes soft, sometimes powerful. Progression: Add in defenders or require a feint before every roll. Pupil Officials: Pupils practise rolling the ball with both speed and control, aiming to reach a target while keeping accuracy. Progression: Give pupils a time limit (e.g., 10 seconds to score twice) or make the targets smaller to test consistency under pressure.					
Adapted Learning (Differentiation) (Challenge)	SPACE Wider goals for support; narrower zones for challenge.	TASK Start with straight throws → add angles and disguise.	EQUIPMENT Softer balls for beginners; regulation Goalballs for challenge.	PEOPLE Pair with peer defenders; rotate attacker/defender roles.		
Cooldown / Plenary	Whisper Roll: Pupils roll the ball as gently as possible so it just reaches the goal line. Repeat slowly to relax arms. Finish with back and arm stretches.					
Key Technical Points	<ul style="list-style-type: none">Low, fast releaseAim for anglesUse consistent technique with disguise					

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Lesson Objective	To integrate advanced defensive and attacking play in Goalball			Lesson 5/6		
Equipment Needed	Goalballs, cones, goals, blindfolds (optional).					
Success Criteria	Children can: <ul style="list-style-type: none">Transition quickly between attacking and defensive rolesCoordinate blocks and movements with teammatesUse positioning intelligently to protect or create space					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain why teamwork improves defenceI can describe how to block effectivelyI can explain how to cover space	<ul style="list-style-type: none">I can react to the ball using soundI can block using correct body shapeI can coordinate with teammates		<ul style="list-style-type: none">I can share defending rolesI can respect attackersI can celebrate team effort			
Key Questions	How can teamwork improve defence? By covering more space and helping each other.					
Warm Up	Sound Sprint: Move towards sound of ball.					
Main Activity	Skill Development: Demonstrate ready stance and blocking. Pupils practise dropping into block position. Main Activity: <ol style="list-style-type: none">Team Block: Pupils stand in a line as defenders while balls are rolled towards them. The aim is to work together to cover space and block as many balls as possible. Progression: Make the defending space smaller so pupils need to communicate and move more quickly.Communication Drill: Pupils practise blocking while listening to teammates calling out instructions (e.g., "left," "right," "closer"). This helps them learn to rely on sound and work together as a team. Progression: Defenders wear blindfolds or close eyes so they must rely fully on their teammates' voices.Attack vs Defence: Teams of 2v2 take turns as attackers (rollers) and defenders (blockers). Attackers aim to score past the defenders, while defenders work together to stop the balls. Progression: Award bonus points when defenders clearly use communication (e.g., calling out directions, warning about rolls).					
Adapted Learning (Differentiation) (Challenge)	SPACE Wider defensive zones for beginners; narrower for challenge.	TASK Slow, straight rolls → fast, angled rolls.	EQUIPMENT Softer balls for support; regulation Goalballs for challenge.	PEOPLE Rotate defender roles; use extra defenders for beginners.		
Cooldown / Plenary	Defender's Shuffle: Pupils move side-to-side slowly in a defensive stance, then drop to the ground slowly and rise. Repeat 3–4 times. End with calm breathing.					
Key Technical Points	<ul style="list-style-type: none">Listen carefullyDrop quickly and lowCover maximum space with arms/legs					

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Lesson Objective	To officiate, coach, and lead in a Goalball tournament			Lesson 6/6		
Equipment Needed	Goalballs, cones, goals, blindfolds (optional).					
Success Criteria	Children can: <ul style="list-style-type: none">Apply the rules confidently and fairly while officiatingMentor peers by giving constructive feedbackLead a small-sided tournament, managing fixtures, scoring, and reflection					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain different roles in GoalballI can describe how tactics affect resultsI can explain how tournaments work	<ul style="list-style-type: none">I can play in mini Goalball matchesI can attack and defend effectivelyI can use tactics in game play		<ul style="list-style-type: none">I can respect refereesI can support teammatesI can celebrate all efforts			
Key Questions	How do we combine skills in Goalball? By using attacking and defending together.					
Warm Up	Rolling Relay: Split the class into two or more teams. Mark out lanes with cones, each lane ending in a small target zone (hoop or mat). Place a defender halfway down each lane. The first player in each team rolls the ball, aiming to get it past the defender and into the target zone, the defender's job is to block the ball before it reaches the target.					
Main Activity	Skill Development: Practise combining attacking and defending drills. Rotate roles across teams. Main Activity: <ol style="list-style-type: none">Challenge Rounds: Teams have a set time (e.g., 1 minute) to complete challenges such as scoring twice or hitting a specific target area. Progression: Use smaller or trickier targets or set harder challenges like "3 scores in 1 minute."Defence Challenge: One team rolls several balls in quick succession while the other team works together to block them, builds quick reactions, communication, and defensive positioning. Progression: Roll faster, send more balls at once, or shrink the defenders' space to cover.Mini Tournament: Teams play short matches against each other, with pupils also taking turns as referees or scorers, encourages independence, fair play, and applying skills in a game setting. Progression: Keep scores across rounds to create a league or tournament table.					
Adapted Learning (Differentiation) (Challenge)	SPACE Widen/narrow defending zone; adjust throwing distances.	TASK Isolated challenges → competitive matches.	EQUIPMENT Individual challenges → competitive matches.	PEOPLE Rotate officials/referees; mix-ability teams; peer coaching for beginners.		
Cooldown / Plenary	Pass the Bell: Pupils sit in a circle and gently roll/hand the ball to the next person while listening for the sound. Slow, relaxed pace to lower heart rate. Gentle stretches to close.					
Key Technical Points	<ul style="list-style-type: none">Attack with angles/disguiseDefend with teamworkRespect rules and roles					