

Inclusive Sports

Lesson Plan

MOVING
EDSTART

Lesson Objective To develop rolling a ball with control in Boccia **Lesson 1/6**

Equipment Needed Boccia balls, bean bags, hoops, cones, flat markers.

Success Criteria Children can:

- Roll the ball in a straight line from a seated/kneeling position
- Stop a gently rolled ball using two hands
- Experiment with force (soft vs strong rolls)

EDSTART KNOW

- I can explain why aiming carefully helps accuracy
- I can describe how rolling differs from throwing
- I can explain how follow-through affects direction

EDSTART GO

- I can roll a ball smoothly towards a target
- I can practise controlling how far the ball rolls
- I can keep my arm moving straight

EDSTART SHOW

- I can take turns fairly with my partner
- I can encourage others when they roll
- I can celebrate effort, not just success

Key Questions

How do we make the ball travel in a straight line?

Keep your arm close to your body and follow through towards the target.

Warm Up

Target Dash:

Pupils collect cones/markers and roll them to a safe zone; encourages rolling actions.

Main Activity

Skill Development:

Demonstrate underarm rolling: start low, arm straight, eyes on target. Pupils practise rolling to nearby cones with smooth release. Add challenge: vary power to control short vs long rolls.

Main Activity:

- Roll Into Hoops:** Place 3-4 hoops at 3m, 4m, 5m. Pupils roll balls underarm into hoops. Rotate after 3-4 attempts. Progression: shrink hoop size or increase distance.
- Knockdown Cones:** Set up 10 cones in a triangle (like skittles). Pupils roll 3 balls, counting how many they knock over. Swap roles (roller/scorekeeper). Progression: fewer cones or longer distance.
- Closest to Jack:** Place jack 4m away. Pupils alternate rolls like a mini game. Closest to jack wins a point. Progression: add scoring zones (e.g., 2pts within 50cm, 1pt within 1m).

Adapted Learning (Differentiation) (Challenge)

SPACE

Targets nearer/further, wider/narrower.

TASK

Start simple, progress to accuracy challenges.

EQUIPMENT

Use bean bags for support, smaller hoops for challenge.

PEOPLE

Pair for feedback; rotate in small groups.

Cooldown / Plenary

Partner rolls slowly with control. Arm and shoulder stretches. Reflection: "One perfect roll".

Key Technical Points

- Keep body low and eyes on target
- Roll smoothly with straight arm
- Follow through towards the target

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Lesson Objective	To introduce throwing 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">Attempt a basic underarm throw towards a partner or targetExperiment with using one hand vs two hands when throwingRecognise the importance of aiming in the right direction rather than just throwing with power			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<ul style="list-style-type: none">I can explain the difference between rolling and throwingI can describe when to use more powerI can explain how to aim when throwing	<ul style="list-style-type: none">I can throw underarm towards a targetI can control power for accuracyI can practise repeat throws	<ul style="list-style-type: none">I can share equipment fairlyI can respect turnsI can encourage others		
Key Questions	How is throwing different to rolling? Throwing uses more power and often a higher release.			
Warm Up	Hoop Islands: Throw bean bags into hoops at different distances.			
Main Activity	Skill Development: Demonstrate underarm throw. Pupils practise short throws, then longer throws. Focus on accuracy before power. Main Activity: <ol style="list-style-type: none">Target Throws: Use hoops as targets 4-6m away. Pupils throw underarm into hoops. Score points per hit. Progression: smaller hoops, longer distance.Cone Knockout: Line up 8-10 cones. Pupils throw 3 balls each round to knock as many as possible. Progression: stand further back or remove larger cones.Jack Challenge: Place a jack at 5m. Pupils throw 3 balls, score 2pts if within 1m, 1pt if within 2m. Progression: add an opponent's ball to "beat".			
Adapted Learning (Differentiation) (Challenge)	SPACE Start with closer targets (2-3m); gradually extend to 5-6m; adjust throwing lanes wider or narrower.	TASK Begin with underarm throws into large targets; progress to cone knockdowns and jack challenges.	EQUIPMENT Large hoops/targets for beginners; smaller hoops or cones for challenge; bean bags for grip support.	PEOPLE Pair weaker throwers with stronger for modelling; rotate roles (thrower, scorer, feeder); small group relays.
Cooldown / Plenary	Slow throws, gentle stretches. Reflection: "What helped you throw accurately?"			
Key Technical Points	<ul style="list-style-type: none">Step forward for powerRelease smoothly underarmEyes stay on target			

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Lesson Objective	To introduce simple games 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">Take turns rolling or throwing with a partner or small groupListen and respond to a teammate's signal (e.g., "ready," "go")Begin to celebrate each other's success and show encouragement			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<ul style="list-style-type: none">I can explain the rules of BocciaI can describe how to scoreI can explain simple tactics	<ul style="list-style-type: none">I can roll/throw the ball towards the jackI can choose how much power to useI can apply tactics in a game	<ul style="list-style-type: none">I can work with teammatesI can respect opponentsI can celebrate fair play		
Key Questions	How do we score in Boccia? The closest ball to the jack scores.			
Warm Up	Jack Explorer: In 2's, children roll/throw towards a moving jack that is thrown by their partner.			
Main Activity	Skill Development: Children practise aiming at the jack at various distances. Add competition: try to beat partner's roll. Main Activity: <ol style="list-style-type: none">Closest to Jack: Pupils play 1v1, each rolling 3 balls to finish closer to jack. Focus is on control, accuracy, and judging distance. Progression: introduce scoring zones.Team Challenge: 2v2/3v3 games, alternating rolls. Score after all balls thrown. Teams add up the scores after all balls have been thrown. Encourage teamwork, sharing tactics, and planning who should roll when.Tactical Play: Add new rules to make the game more strategic (obstacles, hoops, distance etc.) Pupils can knock an opponent's ball away or roll to block the jack.			
Adapted Learning (Differentiation) (Challenge)	SPACE Use shorter courts/lane areas for beginners; extend for advanced groups; mark smaller scoring zones for challenge.	TASK Start with "closest to jack" 1v1; progress to small team games with tactical challenges (block/knock).	EQUIPMENT Bean bags or soft balls for beginners; standard Boccia balls for challenge; larger jack for easier aiming.	PEOPLE Mixed-ability teams; assign rotating "captains" to call tactics; encourage cooperative roles (roller, measurer, scorer).
Cooldown / Plenary	Target Toss Chill: Place hoops or small cones at different distances. Pupils gently roll or underarm toss their ball into the targets, aiming for smooth control rather than power.			
Key Technical Points	<ul style="list-style-type: none">Aim before rolling/throwingUse smooth, controlled actionThink tactically			

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Lesson Objective	To introduce how to react to sound cues in Goalball			Lesson 4/6		
Equipment Needed	Goalballs (or balls with bells), blindfolds (optional), cones.					
Success Criteria	Children can: <ul style="list-style-type: none">Respond when they hear a clap/whistle/voice instructionTrack and stop a ball with a bell insideBegin to use listening skills in movement challenges					
EDSTART KNOW	EDSTART GO		EDSTART SHOW			
<ul style="list-style-type: none">I can explain why listening is important in GoalballI can describe how defenders use sound to reactI can explain what cues help me know where the ball is	<ul style="list-style-type: none">I can move towards the sound of the ballI can drop to block using my bodyI can cover more space by stretching wide		<ul style="list-style-type: none">I can respect my teammates' turnsI can encourage othersI can celebrate effort			
Key Questions	Why do we need sound cues in Goalball? Because vision is limited and we must listen for the ball.					
Warm Up	Sound Chase: Children move around following the sound of a ball rolled by the teacher. Start with eye closed and slowly get children focusing on the sound of the ball.					
Main Activity	Skill Development: Demonstrate blocking using sound cues. Pupils practise moving towards rolling sounds. Add challenge: block blindfolded or eyes closed. Main Activity: <ol style="list-style-type: none">Sound React: Pupils are spread out in pairs or small groups, blindfolded or eyes closed, with a partner/teacher rolling the ball towards them. The teacher calls a cue (clap, shout, whistle) as the ball is rolled. Pupils must react quickly to the sound, move into position, and block the ball with hands or body.Block Relay: Mark out several "lanes" using cones. One team stands at the end of the lane as blockers; the other rolls balls trying to pass them. Blockers must stop as many balls as possible before they cross their line. After a few rolls, teams swap roles.Attack vs Defence: Pupils work in pairs. One is the attacker (roller), the other is the defender (blocker). Cones mark out a small area or goal to protect. The roller aims to get the ball past the blocker by rolling accurately. The blocker uses their body to cover the space and stop the ball.					
Adapted Learning (Differentiation) (Challenge)	SPACE Wider defending zones for support; narrower/more defined lanes for challenge.	TASK Begin with slow, predictable rolls; progress to faster, angled, or surprise rolls.	EQUIPMENT Softer/lighter balls for support; full-size Goalball with bells for challenge; optional blindfolds for advanced practice.	PEOPLE Pair beginners with confident partners; rotate between attacker/defender roles; use 2 defenders vs 1 attacker for support.		
Cooldown / Plenary	Silent Ball Challenge: Pupils form a circle and sit or kneel. Use a soft ball. Pupils gently roll the ball across the circle to someone else, but they're not allowed to speak. They must rely on eye contact and small hand signals to show who's ready.					
Key Technical Points	<ul style="list-style-type: none">Listen carefullyDrop quickly to blockStretch arms and legs wide					

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Lesson Objective	To introduce simple aiming games in Goalball			Lesson 5/6
Equipment Needed	Goalballs, cones, mats, floor markers.			
Success Criteria	Children can: <ul style="list-style-type: none">Aim a ball towards a cone/hoopAdjust their throw by standing nearer/further awayCelebrate effort and accuracy			
EDSTART KNOW	EDSTART GO	EDSTART SHOW		
<ul style="list-style-type: none">I can explain why aiming helps scoreI can describe how to throw lowI can explain when to use more or less power	<ul style="list-style-type: none">I can roll the ball into a target areaI can aim at different goal zonesI can control my release	<ul style="list-style-type: none">I can respect turn-takingI can encourage othersI can play fairly		
Key Questions	Why must we keep the ball low? Because it's harder to block and keeps to the rules.			
Warm Up	Target Relay: Roll towards cones/mats for points.			
Main Activity	Skill Development: Demonstrate low underarm throw. Pupils practise rolling into wide target zones. Progress: smaller/more distant zones. Main Activity: <ol style="list-style-type: none">Target Mats: Pupils roll the ball towards large mats placed in the goal area. Each hit on a mat scores points – the bigger the mat, the easier the target. Focuses on rolling with control and aiming for accuracy.Goal Zones: Divide the goal into 3–4 zones using cones, tape, or markers, teacher calls out a zone, and pupils aim to roll into that space. Helps pupils think about accuracy, direction, and adjusting power.Mini Aiming Game: Pupils play in 2v2 teams, taking turns to roll and try to hit a set target in the goal. After each round, roles rotate so everyone gets a chance to attack and defend. Encourages teamwork, aiming under pressure, and reacting to opponents.			
Adapted Learning (Differentiation) (Challenge)	SPACE Larger target areas and closer distances for support; smaller zones and longer rolls for challenge.	TASK Start with aiming at static large mats; progress to scoring in zones, or aiming at moving targets.	EQUIPMENT Larger cones/mats for beginners; smaller targets for challenge; softer balls for easier control.	PEOPLE Pair up for support in aiming; create teams for scoring challenges; mix abilities to promote inclusion.
Cooldown / Plenary	Zone Stretch Challenge: Keep the goal divided into 3–4 zones (from the main activity). Pupils gently roll or pass the ball into a zone. Whichever zone they land in tells them which stretch to do (e.g., Zone 1 = touch toes, Zone 2 = arm circles, Zone 3 = side bends, Zone 4 = shoulder rolls).			
Key Technical Points	<ul style="list-style-type: none">Point body at targetRelease smoothlyKeep ball low			

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Lesson Objective	To introduce mini challenges in Goalball				Lesson 6/6
Equipment Needed	Goalballs, cones, mats, goals.				
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">Play simple "stop the ball" team gamesCombine rolling, stopping and listening skills in a small group activityBegin to understand "playing by the rules"				
EDSTART KNOW	EDSTART GO				EDSTART SHOW
<ul style="list-style-type: none">I can explain simple Goalball challengesI can describe how to attack and defendI can explain how teamwork helps	<ul style="list-style-type: none">I can roll, aim, and block in gamesI can adapt my throw for different situationsI can play fairly in mini matches				<ul style="list-style-type: none">I can support my teamI can respect opponents.I can celebrate effort
Key Questions	<p>How can teamwork help us win? By communicating and covering different spaces.</p>				
Warm Up	<p>Challenge Relay: Split the class into small teams. Create a short relay course with 3 mini-stations:</p> <ul style="list-style-type: none">Rolling Task – gently roll the ball towards a target cone or hoopBlocking Task – kneel in a lane while a teammate rolls the ball slowly to practise controlled blockingAiming Task – roll the ball to stop inside a marked square or circle <p>Pupils take turns completing all three tasks before tagging the next teammate. Everyone keeps the rolls light and steady.</p>				
Main Activity	<p>Skill Development: Practise combining rolling, aiming, and blocking. Add partner challenges: beat each other's roll.</p> <p>Main Activity:</p> <ol style="list-style-type: none">Target Challenge: Pupils take turns rolling the ball towards different goals or mats to earn points. Progression: Make the targets smaller, increase the distance, or add tricky scoring rules (e.g., double points for hitting a certain mat).Block Challenge: One team rolls 5 consecutive balls while the other team defends the goal. The defending team scores a bonus point for each successful block. Progression: Add extra balls, speed up the rolls, or reduce the space defenders can use.Mini Matches: Small 3v3 Goalball games where pupils put skills into practice. Add fun rules such as "must make two passes before shooting" or "bonus points for every block." Progression: Rotate player roles (attacker, defender, goalkeeper) so everyone gets equal experience.				
Adapted Learning (Differentiation) (Challenge)	SPACE Bigger playing areas for support; reduce size or add marked zones for challenge.	TASK Start with simple block/aim tasks; progress to multi-skill challenges and mini matches with rules.	EQUIPMENT Softer balls for beginners; standard Goalball for challenge; larger targets for support.	PEOPLE Rotate players through attack/defence roles; mix ability teams; allow peer coaching for support.	
Cooldown / Plenary	<p>Goalball Statue: Pupils spread out in the playing area with one ball. One pupil gently rolls the ball across the space. Whoever the ball passes must quickly drop into a "statue pose" (arms wide, star shape, balance pose, etc.. After freezing, they hold the pose for 5-10 seconds while doing a stretch (e.g., arms above head, touch toes, side bends). Rotate who rolls the ball so everyone gets a turn.</p>				
Key Technical Points	<ul style="list-style-type: none">Keep throws lowReact quickly to soundsCommunicate as a team				