

Recap: What do we know about Boccia?

Lesson 1/6

To develop rolling a ball with control in Boccia

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

Recap: To develop rolling a ball with control in Boccia

Lesson 2/6

To introduce throwing a ball in Boccia

EDSTART KNOW

- I can explain the difference between rolling and throwing
- I can describe when to use more power
- I can explain how to aim when throwing

EDSTART GO

- I can throw underarm towards a target
- I can control power for accuracy
- I can practise repeat throws

EDSTART SHOW

- I can share equipment fairly
- I can respect turns
- I can encourage others

Recap: To introduce throwing a ball in Boccia

Lesson 3/6

To introduce simple games in Boccia

EDSTART KNOW

- I can explain the rules of Boccia
- I can describe how to score
- I can explain simple tactics

EDSTART GO

- I can roll/throw the ball towards the jack
- I can choose how much power to use
- I can apply tactics in a game

EDSTART SHOW

- I can work with teammates
- I can respect opponents
- I can celebrate fair play

Recap: What do we know about Goalball?

Lesson 4/6

To introduce how to react to sound cues in Goalball

EDSTART KNOW

- I can explain why listening is important in Goalball
- I can describe how defenders use sound to react
- I can explain what cues help me know where the ball is

EDSTART GO

- I can move towards the sound of the ball
- I can drop to block using my body
- I can cover more space by stretching wide

EDSTART SHOW

- I can respect my teammates' turns
- I can encourage others
- I can celebrate effort

Recap: To introduce how to react to sound cues in Goalball

Lesson 5/6

To introduce simple aiming games in Goalball

EDSTART KNOW

- I can explain why aiming helps score
- I can describe how to throw low
- I can explain when to use more or less power

EDSTART GO

- I can roll the ball into a target area
- I can aim at different goal zones
- I can control my release

EDSTART SHOW

- I can respect turn-taking
- I can encourage others
- I can play fairly

Recap: To introduce simple aiming games in Goalball

Lesson 6/6

To introduce mini challenges in Goalball

EDSTART KNOW

- I can explain simple Goalball challenges
- I can describe how to attack and defend
- I can explain how teamwork helps

EDSTART GO

- I can roll, aim, and block in games
- I can adapt my throw for different situations
- I can play fairly in mini matches

EDSTART SHOW

- I can support my team
- I can respect opponents
- I can celebrate effort