



Short Activity
Ages 9–12
15–20 minutes

Boccia

Description

Attempt to toss or slide objects towards a target in this activity modelled after the Paralympic sport by the same name

Space Considerations

A large, clear indoor or outdoor space where participants can safely toss, slide or roll beanbags, balls or other similar objects

Competencies

- Body awareness
- Sensory motor skills
- Strategic thinking
- Teamwork

Materials

- Boccia ball set, beanbags, balls with bells (so they make noise when they roll), or any soft type of ball that can be tossed, slid or rolled along the ground
- Tape or pylons (optional, to mark court boundaries)

Preparation

- Establish where you can safely set up the boccia court, and, if desired, mark off the boundaries of the court with tape or pylons. A recommended minimum court size would be 5 feet wide by 10 feet long.

Implementation

1. Before you start playing, it's a good idea to show participants a brief video on the Paralympic sport of boccia:

<https://www.youtube.com/watch?v=itPWqcx7xBg>

2. Modify the rules as needed based on your preferred throwing object, the number of participants in your activity, and whether you prefer to run a competition between individuals, pairs or teams. The following instructions uses beanbags as objects and teams.
 - a. Give each team a set of beanbags—one colour for one team and a different colour for the second team. Six beanbags for each side is recommended, but you can adjust as desired.
 - b. One team plays (throws, slides or rolls) the jack (a different coloured beanbag) onto the court, and then plays their first beanbag. Then, the other team plays their first beanbag. The aim of the game is to get your beanbag closer to the jack than your opponent.
 - c. The team whose beanbag is *furthest* from the jack throws until they get a beanbag closer or run out of beanbags. Once one of these things happens, then the other team will take its turn to throw their beanbags. Turns are taken based on these rules until both teams have played all their beanbags.
 - d. Players can hit their own beanbags, the other team's beanbags and the Jack.
 - e. Once all the beanbags have been played, it's time for scoring. The scoring is similar to curling. Score the round by awarding a point to the team with the beanbag that is closest to the Jack. If that team has two beanbags closer to the Jack than its opponent, it gets two points, and so on. Only one team scores for each round.
 - f. Complete as many rounds as desired (4 to 6 rounds are typical in boccia), totalling the scores from all rounds to determine a winner.

Accessibility Considerations

- Participants can compete while seated (including in wheelchairs) or standing up
- Have a variety of objects available for participants: e.g. balls of various sizes and weights; beanbags, which may be easier to grip; balls with bells inside to make noise when they are rolled, etc. Allow participants to choose what they feel most comfortable with
- Based on the group, make the boundaries of the court smaller (easier) or larger (harder). You can also vary the starting throwing position for participants based on individual needs

- Allow the option for participants to play individually for practice before starting the game

Book Suggestions

The Canadian Kids' Guide to Outdoor Fun by Helaine Becker

Extreme Abilities: Amazing Human Feats and the Simple Science Behind Them by Galadriel Watson

What Are the Paralympic Games? by Gail Herman