

MOTIV8

What is MOTIV 8? <https://youtu.be/GzzyTYs49bY>

Thank you for being part of our Cheshire and Warrington School Sport Alliance (CWSSA) initiative following a successful “Tackling Inequalities Funding” Bid from Sport England through our Active Partnership. Your School Games Organiser is helping drive this initiative and will be supporting you with your set up of your school club. Having identified your target audience, secured the use of the equipment, when it will happen and who will deliver it please find six suggested sessions below:

MOTIV8 BOCCIA

What is Boccia? Please take a look at the national governing body for Boccia’s website which has loads of useful information.

<https://www.bocciaengland.org.uk/what-is-boccia>

Follow this link for a visual of the activities used in the sessions <https://youtu.be/NFnxkLFddNY>

Session 1

Aim: To learn to be able to propel the Boccia ball underarm

Objectives:

- using the ball to move a target
- using the ball to reach a target

Skill Activity 1 - propelling the ball in a straight line then introduce a target varying the distance between them and the target to test them as to what speed is required dependant on distance.

<https://www.youtube.com/watch?v=6hExMrhx1HU>

Fun Activity 2 - Beach Ball blast with them all facing the same way and then split them into opposing teams and which team can blast the beach ball closest to the opposition.

- [BOCCIA BEACH BALL BLAST](#)
- [BOCCIA BLAST](#)

Session 2

Aim: To learn to be able to propel the Boccia ball underarm accurately using the right pace

Objectives:

- using the ball to touch the target
- using the ball to stop in the target

Skill Activity 1 - bowling the ball in a straight line then introduce a target varying the distance for them to knock over e.g. skittles / plastic bottle / toilet roll tube etc. to test them as to what speed is required dependant on distance.

- [BOCCIA SKITTLES](#)

Fun Activity 2 - Flip the hoop – first person to reach the finishing line [FLIP ACTIVITY CARD](#)

Session 3

Aim: To learn to be able to propel the Boccia ball using underarm throw with more height

Objectives:

- using the ball to move a target over another ball
- using the ball to reach a target whilst not contacting other teams balls

Skill Activity 1 – Trying to lift the ball up and over a cone to stop just beyond it – vary the distance. By increasing the height of the ball it generates some back spin and stops more swiftly – this is a more difficult skill!

Fun Activity 2 - will allow them to practice this skill.

- [KNOCK AND STOP](#)
- [HOPSCOTCH](#)

Session 4

Aim: To allow them to further refine the skills introduced to them in session 1 - 3

Objectives:

- using the ball to reach different distances
- using the ball to reach a target at different angles

Fun Activity 1 – [TRIPOD 1 ACTIVITY CARDS](#)

Fun Activity 2 – [DARTS ACTIVITY CARDS](#)

Session 5

Aim: To allow them to further refine the skills introduced to them in session 1 - 4

Objectives:

- using the ball to reach a target
- using the ball to stop in/ on the target

Fun Activity 1 – [FLIP IT ACTIVITY CARD](#)

Fun Activity 2 – [TRIPOD 2 ACTIVITY CARD](#)

Session 6

<https://www.bocciaengland.org.uk/introduction-to-boccia>

Aim: To introduce them to team Boccia

Objectives:

- Using good communication skills to play a tactical game
- Getting them to work as a team

Skill Activity 1 - Play in pairs

Fun Activity 2 - Now in 3's

Further activities

There are other activity cards not suggested above that can also be used within the resources such as the following:

- [TRAFFIC LIGHTS](#)
- [GOLF](#)
- [IN THE SCORING ZONE](#)
- [PACK OF CARDS](#)
- [NARROWING CONE ALLEY](#)
- [BOCCIA 12s](#)

We hope you and your students enjoy the activities!

All we ask is could we have your data – type / number / gender of target audience, Primary or KS3 age?

Require any support please contact Penny Moorfield – Lead Inclusion for YST for Cheshire and Warrington email: moorfieldp@bca.warrington.ac.uk or phone 07836 745551