

Boccia

Time: 30+ minutes

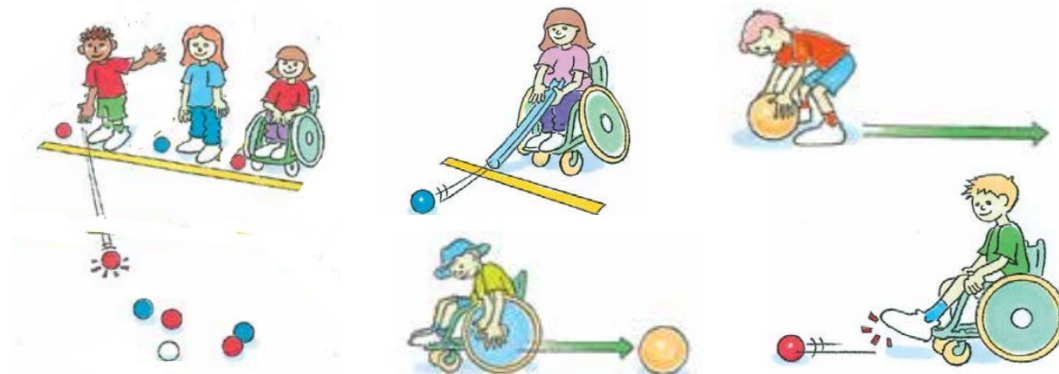
Activity

Partner/group

- A team member throws the target ball (called a 'jack') anywhere onto the playing area.
- The team throwing the jack also plays the first coloured ball to try to get as close as possible to the jack.
- The opposite team then plays their first coloured ball into court.
- The teams take turns for a nominated number of throws or until everyone has had a throw.

Scoring

- The side with the most balls closest to the jack scores one point for each scoring ball (i.e. each ball closer than the opposing team's closest ball). If two or more balls are equally close, they score one point each.
- The winning team is the one that has the highest total number of points.



Equipment

- Any suitable indoor or outdoor playing area (choose dimension to suit your situation).
- Suitable balls/objects for surface being used.
- 13 balls: 1 jack/target and two teams of 6 balls/objects - 6 red and 6 blue.
- Boccia balls or other alternative objects such as stuffed toys, paper and tape balls, tennis balls (mark one set with pen).

Activity variations

- Propel the ball with a foot or use an assistance device such as a makeshift ramp.
- Vary the order of play – the side furthest from the jack continues playing their balls until they get nearer (or run out of balls), then the other team plays.
- Play indoors, outdoors and on different surfaces.
- Set/vary the number of ends played (a round is called an 'end').
- Change the way the balls are thrown – overarm, underarm, backwards between the legs.
- Vary the size and shape of objects used.
- Hit/strike balls with bat instead of throwing.