

# Virtual Competition

## Challenge 3: Virtually Boccia!

Focus: Personal Best



**GET AHEAD**  
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

### Window 3: Monday 22<sup>nd</sup> February – Friday 5<sup>th</sup> March 2021

Virtually Boccia is an individual and / or group challenge where young people can attempt 1, 2, 3 or all 4 challenges. This is a series of skill-based challenges, with each student completing the challenge, contributing to their school score. If you do not have access to boccia equipment, then don't panic. These activities can be completed using other PE or home equipment i.e. tennis balls, bean bags, socks. A player remains seated, on a chair or bench, throughout the activities. Can you work through these activities to complete 1, 2, 3 or 4 of them over the next two weeks?

#### Rules

- Keep practising. A member of staff can enter the first and second attempt scores from a young person for each of the This event is open to all young people to enter.
- All children can participate in school or at home. If they participate at home they can choose to submit their score to staff to be entered. No video evidence is required. All entries can only be entered by school staff.
- Those schools who show the greatest participation and average scores in a key stage will be acknowledged, along with individuals achieving the highest scores in a key stage.
- All young people who participate will receive their Teamwork School Games Value sticker.

#### Scoring

- Please download the excel scoring sheet from the website page. If you have more than 90 young people taking part please download another scoring sheet.
- The first and second attempt at each of the challenges will be added together to form a total score for the young person.

#### Safety and COVID-19 guidance

- Each child should use appropriate equipment and ask an adult to help make sure they set up the challenges correctly. In a school and home environment, please ensure there is adequate space for each young person to complete the challenge safely.

**Results to be submitted by emailing a completed scorecard to [sarahb.sgo@gmail.com](mailto:sarahb.sgo@gmail.com) no later than 6pm on Friday 5<sup>th</sup> March 2021**

#### Future Opportunities

- If you would like to be involved in the National Schools Competition future events running March – April and May – June 2021, please contact Dan Headley for more information [dheadley@bocciaengland.org.uk](mailto:dheadley@bocciaengland.org.uk)



Treating everyone equally, supporting each other and working together to achieve at your very best level. Celebrate each other's successes and be a positive team player.

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A useful video of how to organise and complete each activity has been made by Oak Grove College. This can be viewed by clicking this link [Virtually Boccia Challenge](https://youtu.be/SCsUmPYvnoY) or found at <https://youtu.be/SCsUmPYvnoY>

Activity 1:	How do you complete the activity?	How do you set it up?
<p><b>Hopscotch</b></p>	<ul style="list-style-type: none"> <li>This activity is designed to test pace control and accuracy.</li> <li>Set up a hopscotch grid (as displayed below) with A4 paper. The first number around 1 metre from your throwing position.</li> <li>Using 6 balls, the aim is to get your ball to stop on one of the numbered pieces of paper</li> <li>Your score will correspond to the number on the target</li> <li>You can have a maximum of 1 ball per target.</li> <li>A second ball on a target will score 0, a ball not on a target will score 0.</li> <li>The maximum possible score for this game is <b>45</b> points</li> </ul>	
Activity 2:	How do you complete the activity?	How do you set it up?
<p><b>Darts</b></p>	<ul style="list-style-type: none"> <li>This activity is designed to challenge your ability to control pace.</li> <li>Set up a target of 3 hoops (as displayed), with the edge of the outer hoop 2 metres away.</li> <li>Using 6 balls, how many points can you score?</li> <li>The inner circle is worth 20 points, the middle circle is worth 10 points and the outer circle is worth 5 points.</li> <li>The maximum score for this challenge is <b>120</b> points</li> </ul>	

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Activity 3:	How do you complete the activity?	How do you set it up?
<p><b>Narrowing Cone Ally</b></p>	<ul style="list-style-type: none"> <li>Your ability to control line and pace will be tested through this activity.</li> <li>Place 2 cones 2 metres away from the throwing position and 2 metres apart from each other.</li> <li>Then 1 metre further on, place 2 more cones at 1.5 metres apart from each other. 1 metre further on, place 2 cones 1 metre apart from each other.</li> <li>1 metre further on, place 2 cones 50cm apart. Finally, at 1 metre from the final cones place a throwdown spot. (See picture)</li> <li>Using 6 balls, aim to stop the ball in a zone or on the spot at the end.</li> <li>If you stop in the:             <ul style="list-style-type: none"> <li>First zone = 5 points; Middle zone = 10 points; End zone = 15 points; Spot = 20 points.</li> </ul> </li> <li>The maximum score for this challenge is <b>120</b> points</li> </ul>	
<p><b>Tripod</b></p>	<ul style="list-style-type: none"> <li>This challenge will test your ability to change pace</li> <li>Sitting in a central position, place a target 1.5m, 2m, and 3m away in different directions (as displayed)</li> <li>You have 6 balls for this activity, 2 balls per target. Start at the 1.5m target and play 1 ball, your second ball is played to the 2m target and the third to the 3m target. Repeat for your final 3 balls.</li> <li>The 1.5m target is worth 5 points, 2m target = 10 points and the 3m target = 15 points</li> <li>The maximum score for this activity is <b>60</b> points</li> </ul>	