

NOTTS SCHOOL & GAMES

#stayinworkout

#stayhomestayactive

RESOURCE PRODUCED
IN PARTNERSHIP BETWEEN



The School Games Organiser network and Active Notts are working together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care.

The weekly activities will be sport themed and include golf, football, orienteering, athletics, cricket, gymnastics, boccia, netball and racquet sports. All activities have been developed so everyone can have a go using equipment found in the home and in whatever space you have available.

Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This weekly resource will give simple ideas on how to be physically active with a different sport theme for 30 minutes each day. For ideas on how to achieve the remaining 30 minutes please visit the Active Notts [website](#), or contact your local School Games Organiser by clicking on their logo within this resource.

This pack contains a schedule of suggested activity challenges for the week and daily activity cards. You do not have to do them in the suggested order or in fact do them all, if you really enjoy one day there is nothing stopping you doing that activity every day! However, if you do the personal challenge, we would encourage you to have a go at it each day and aim for improvement.

There will be a virtual competition each Friday, details of how to enter are shown on the schedule page and on the Friday activity card. The competition will be run at district and county level. There will be prizes for schools with the highest percentage of entries based on pupils on roll, certificates for all entrants and a prize draw after the last week for those who have entered 100% of the virtual competitions. Where permission has been granted, we may showcase entries, on the Active Notts website, in our newsletter, on the Active Notts Facebook, @Active Notts Twitter account and with local media outlets. Please make sure that all activities are carried out in a safe manner.

We are very interested to receive your feedback so we can continue to do what works well but also make amendments to future weeks to ensure the resource is relevant and useful. Please send any feedback to nottsschoolgames@activenotts.org.uk

For additional challenges and ideas on how to keep physically active visit the Active Notts [website](#) or your School Games Organiser page.

Active Notts and the SGOs cannot be responsible for any risk associated with activities suggested. Please click [here](#) for more details.

INTRODUCTION TO

BOCCIA



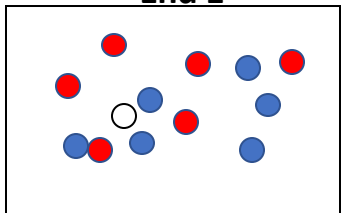
30mins

Boccia pronounced 'Bot-cha' is a game of attack and defence, with a red 'team' and a blue 'team'. The game is similar to that of bowls – the aim is to get as many of your coloured balls closest to the white ball (known as the jack). For more information and to help you fill in the gaps – check out <https://www.bocciaengland.org.uk/introduction-to-boccia>.

HOW TO SCORE... The team with the ball closest to the jack receives one point plus an additional point for each ball closer to the jack than their opponent's.

Can you write down the scores for the game below? Which team won, the blues or reds?

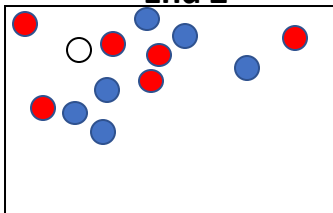
End 1



Blue score _____

Red Score _____

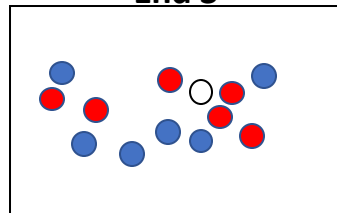
End 2



Blue score _____

Red Score _____

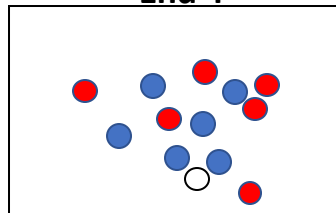
End 3



Blue score _____

Red Score _____

End 4



Blue score _____

Red Score _____

Overall score _____

FILL IN THE GAPS USING NUMBERS

- There are _____ balls in a boccia set. _____ white ball and _____ red and blue balls.
- Each side can have _____, _____ or _____ players, depending on if it's a singles, pairs or team match.
- In a game, both sides compete against each other over a number of ends - _____ ends for singles and pairs, or _____ ends for a team game.
- In each end, all _____ balls are propelled onto the court.
- The end is scored by awarding _____ point for every ball of the same colour which is closer to the jack than the first opposing coloured ball.

The game is won by the side who has the highest score after all the ends have been played.

INTRODUCTION TO

BOCCIA

THE HISTORY OF THE GAME

The term boccia derives from the Italian word meaning "bowl" and on the continent bowls is often referred to as Bocce.

Boccia has roots in Ancient Greece and Egypt and is thought to be one of the first games played by mankind. It is thought that during these times, large stones would have been thrown.

Boccia was originally designed for people with Cerebral Palsy but is now played by people with a wide range of disabilities.

In 1984 boccia was introduced into the Paralympics. Nowadays over 50 countries play boccia, making it the fastest growing disability sport in the world.

SOME KEY TERMS and EQUIPMENT



- **Jack** – This is the white ball that is rolled first
- **Ramp** – Some players use a ramp to propel their ball, they can then push the ball down the ramp.
- **Balls** – A set consists of six red balls, six blue balls and the jack.
- **Tape Measure** - A special tape measure is sometimes used when it is close between balls. You could also use a piece of string.
- **Pusher** – Some players also use a piece of equipment called a pusher that helps them propel the ball.



30mins

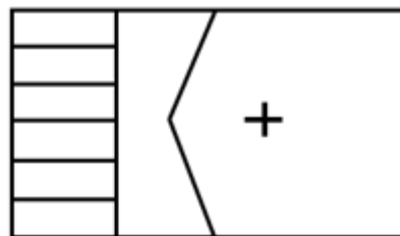
Balls



Ramps



Court



HAVE A THINK WHAT YOU COULD
USE FOR YOUR EQUIPMENT



Tabletop

All the activities within this resource can be used in a variety of environments – e.g. a garden or indoors, but they are also designed to be played using your tabletop, with smaller equipment.

Have a go at them all, can you use a pusher and ramp for some of the activities?

SPORT THEME

BOCCIA

SECONDARY

60 minutes of moderate to vigorous physical activity each day helps us stay mentally and physically healthy

MONDAY MOVERS

! Physical literacy/skills

Activity overview

Boccia Flip-It

- Roll your ball onto a target and flip over to the finish line.

Cone Funnel

- Roll your ball through the funnel and onto the target.

Equipment needed

- Balls e.g. marbles or tin foil
- Target e.g. paper
- Markers e.g. cups
- Ramp and pusher optional

School Games value focus

Determination

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TUESDAY CHALLENGE

! Personal challenge

Activity overview

Boccia Bonanza Circuit

- Complete the circuit, up to six stations

Equipment needed

- Balls e.g. rolled up socks, marbles
- An assortment of items found in your house

School Games value focus

Self belief



WEDNESDAY WORKOUT

! Links to numeracy/literacy

Activity overview

Boccia Soccer

- Hit the 'football' to score as many goals as you can.

Equipment needed

- Balls e.g. rolled up socks
- Goal posts e.g. cups
- Ramp and pusher optional

School Games value focus

Honesty



#stayinworkout

THURSDAY THINKING

! Problem solving

Activity overview

Battleships

- Can you sink all of the ships?

Equipment needed

- Balls e.g. rolled up socks or marbles
- Ramp and pusher optional

School Games value focus

Determination



FRIDAY FUN

! Virtual competition

Activity overview

Design your own Boccia Bonanza activity and/or design your own Paralympic GB mascot.

Once complete, submit your entry to the competition at <http://www.activenotts.org.uk/forms/view/smvc> before 9:00am on Friday 10th July 2020 Earn points for your school and download your certificate.

Equipment needed

- Balls e.g. rolled up socks
- Get creative and find objects you could use.
- Paper, pens and pencils

School Games value focus

Passion



For additional challenges and ideas on how to keep physically active visit the Active Notts [website](http://www.activenotts.org.uk) or your School Games Organiser page.

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MONDAY MOVERS

! Physical literacy/skills

ACTIVITY

- Place a target approximately one metre from your start position
- Take a ball or a rolled-up pair of socks and throw it into the target
- Each time you hit the target, flip it over or move it slightly further away
- Repeat until the target has travelled all the way across your playing area
- Try using a ramp to play this game

EQUIPMENT NEEDED

- Ball, marbles, scrunched up tin foil
- Target, piece of paper, clothing
- Ramp, chopping board, cardboard tube



15mins



How can you demonstrate determination throughout this challenge?

Keep going until you reach the other side of the playing area.

! TOP TIPS

Position yourself in line with the target and focus on how much power you need to reach the target.

Why not try this now? Try Boccia England's 'Skittles with a Difference' [here](#). Add numbers to your skittles to create links with numeracy. Play first to 50 or score your age.

Boccia Flip-It

MAKE IT EASIER...

Increase the target size.
Have a smaller playing area.

MORE OF A CHALLENGE

Play against the clock – give yourself a set time in which to complete the task.

MAKE IT INCLUSIVE

Get a family member to move the targets.

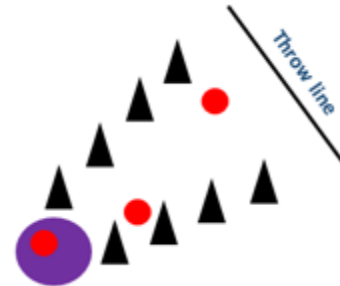
LEAD OTHERS

Set up a house challenge, time each player to see who can flip it fastest.

MONDAY MOVERS

! Physical literacy/skills

ACTIVITY



- Place a start line one metre away from your funnel
- Aim to get the ball onto the target without hitting the sides of the funnel
- Control the ball's pace and line so it stops on the target

EQUIPMENT NEEDED

- Ball, target and ramp (as used in 'Flip-It')
- Markers for your funnel, e.g. cups, cans, string



15mins



How can you demonstrate determination throughout this challenge?

Play the game until you consistently hit the target without touching the funnel sides.

! TOP TIPS

Use non-breakable items for your funnel.
Avoid adding spin as this will make the ball swerve.

Why not try this now? Vary your start position and play until you can hit the target from different angles.

Cone Funnel

MAKE IT EASIER...

Make the funnel shorter
Increase the width of the funnel openings.

MORE OF A CHALLENGE

Place random obstacles inside the funnel that must also be avoided.

MAKE IT INCLUSIVE

Adapt the game to suit the space available; play full size, mini or tabletop.

LEAD OTHERS

Identify three start points and mark out the best path from each for others to follow.

TUESDAY CHALLENGE

Boccia Bonanza



30mins

! Personal Challenge

ACTIVITY

- Get involved in Scottish Disability Sport's virtual boccia competition, Boccia Bonanza.
- Pick your favourite challenge from below and give it a go;
 - Station 1 – Bench Roll ([click here for video](#))
 - Station 2 – Hoopla ([click here for video](#))
 - Station 3 – Up and Over ([click here for video](#))
 - Station 4 – Out of Line ([click here for video](#))
 - Station 5 – Through the Gate ([click here for video](#))
 - Station 6 – Out of the Circle ([click here for video](#))

Please see next page for photos of the stations above

EQUIPMENT NEEDED

- Balls e.g. tin foil, marbles, garden bowls
- An assortment of items found in your house that suit your chosen activity.

! TOP TIPS

Pick a station, build it, test it, change it and test it again. Keep going until you are happy and it works for you.



How can you demonstrate self-belief throughout this challenge?

Design a station that play to your strengths and pushes your limits. Trust that you can take on any challenge, especially one that you set yourself.



Boccia Bonanza Circuit

MAKE IT EASIER...

- When building games make sure your targets are big and obstacles are small.
- Play over short distances.

MORE OF A CHALLENGE

- Try more than one station, or why not try all six stations?
- Try moving further away from your target
- Use a smaller object

MAKE IT INCLUSIVE

- Set up your game and encourage everyone in your house, including your pet, to have a go.

LEAD OTHERS

- Set up a home league, clarify the rules, produce score sheets and design certificates for those taking part.

Why not try this now? Enjoyed having a go at one of these activities? Why not give Boccia England's Rainbow Cup a try [here](#).

Station 1

BOCCIA BONANZA



Send the ball along a bench (e.g. ironing board, drain pipe or piece of wood) underarm to land it on a marker/bucket. Points for distance along the bench and for landing it on the marker/in the bucket.

Score one to release the ball - two to land on the bench - three to roll to the end - four for landing on the marker.

Station 2

BOCCIA BONANZA

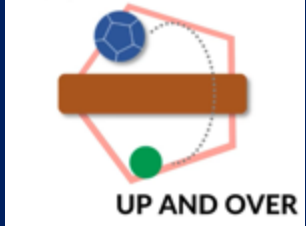


Throw the ball, using overarm action, trying to get it through the hoop or hole and land on a target/in a bucket.

Score one to release the ball - two to go through the hoop - three to land on the target.

Station 3

BOCCIA BONANZA

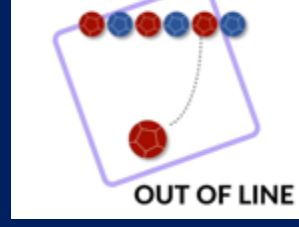


Send the ball over the bench (e.g. ironing board, drain pipe or piece of wood) and into a target/bucket. Each ball successfully on target receives points.

Score three for target furthest away - two for nearer target - one for closest target.

Station 4

BOCCIA BONANZA



The ball should hit a static ball to send it onto markers or target (a flat item such as a mat or piece of paper).

Score one for releasing the ball - two for touching the static ball - three for knocking it onto a marker.

Station 5

BOCCIA BONANZA



The ball should be propelled through the two cones (e.g. water bottles or tins of beans) and come to rest on the target (a flat item such as a mat or piece of paper).

Score one for releasing the ball - two for ball through the gate - three for ball on the target.

Station 6

BOCCIA BONANZA



Six balls in a hoop (mark out using tape, string or chalk). The ball must be propelled to knock the ball out of the hoop.

Score one for releasing the ball - two for touching a ball within the hoop - three for knocking it out of the hoop.

WEDNESDAY WORKOUT

! Links to numeracy/literacy

Boccia Soccer



30mins

ACTIVITY

- Aim is to hit the 'football' into your opponent's goal.
- Measure a 'pitch' on the floor using tape or string, or set-up on a table. If playing on the table, put up barriers on the sides, such as books or rolled up towels.
- Your area must have a 'goal' at each end.
- There are two teams; a red team and a blue team. You must sit behind your goal and roll your balls from there.
- Each team has six balls. Each team places one of their balls anywhere on the 'pitch' which acts as a 'defender'. Those balls do not move throughout the game unless hit.
- Taking it in turns, each team rolls their balls and tries to hit the 'football' into their opponent's goal.
- First team to reach five goals wins!
- Check out the video here - <https://youtu.be/Xi-w1j1voXU>

EQUIPMENT NEEDED

- Set of balls e.g. marbles, table tennis balls, rolled up tin foil.
- Football e.g. different colour marble, rolled up tin foil.
- Goal e.g. cups used as goalposts

TOP TIPS

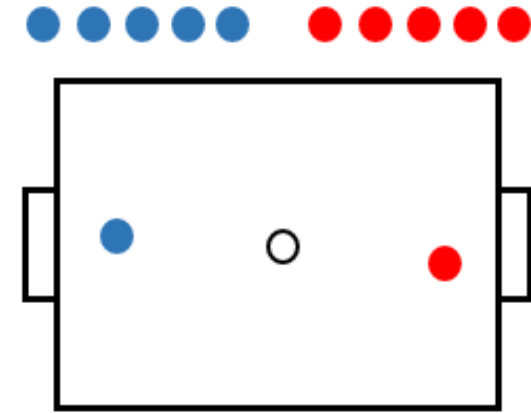
You don't always have to hit the 'football', you could roll your ball and block off a path to goal.



How can you demonstrate honesty throughout this challenge?

Be honest with your opponents and show fair play.

Why not try this now? Have a go at the Youth Sport Trust's inclusive PE resources [here](#).



MAKE IT EASIER...

- Play without defenders in your playing area.
- Play first to three goals.

MORE OF A CHALLENGE

- Place two defenders in your playing area.
- Play a timed match and see how many goals you can score in that time.

MAKE IT INCLUSIVE

- Signal or communicate directions for someone to roll your ball for you.
- Use your ramp to roll your balls onto the 'pitch'.
- If practicing by yourself, count how many shots it takes you to score a goal, then play until you beat your score.

LEAD OTHERS

- Play in pairs or threes against another team in your household.

THURSDAY THINKING

! Problem solving

Battleships



30mins

ACTIVITY

- This is a game to play with a family member or friend.
- Each player must find three targets that vary in size (make sure that you and the other player have similar sized targets).
- Decide on a playing area, then split this in half – each player having a half. Games can be played on a tabletop or on the floor.
- Each player places their targets in their half.
- The aim of the game is to 'sink' the other persons ship (targets) by hitting their targets.
- Once a target is hit, it is removed from the game.
- Players can use as many balls as they wish, but they must play alternately.
- The winner is the one to sink all the targets first.
- Check out the video here - <https://youtu.be/RlhCCL0tggg>

EQUIPMENT NEEDED

- Balls e.g. garden bowls, tinfoil
- Three targets per player e.g. beakers, tubes
- Ramp (optional)

TOP TIPS

Make sure your targets are not breakable and you have permission to use them.

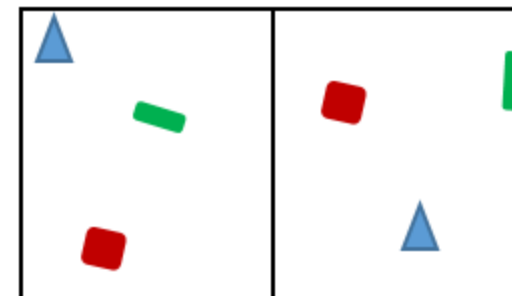


How can you demonstrate determination throughout this challenge?

Keep going until you sink all the targets. Take your time with your go.

Why not try this now? Head over to the Your School Games website to download their 'Stay at Home' boccia resource. <https://www.yourschoolgames.com/coronavirus-support/ngb-activities/boccia/>

PLAYER 1's SHIPS PLAYER 2's SHIPS



PLAYER 2
THROWS FROM
HERE

PLAYER 1
THROWS FROM
HERE

MAKE IT EASIER...

- Use bigger targets
- Use bigger balls
- Create a smaller playing area

MORE OF A CHALLENGE

- Place 'blockers' (items such as cups, small boxes, other pairs of socks) in front of your ships.
- Use smaller targets.
- Your ball has to land on the target exactly for it to count as a hit.

MAKE IT INCLUSIVE

- Can you create a similar game using marbles, but play it on a table? Remember to use barriers on the edges of the table.
- Roll your balls over the target to count as a hit.

LEAD OTHERS

- Could you create a one player target game for someone else?

FRIDAY FUN

! Virtual competition

ACTIVITY

- Design your own Paralympic mascot for Team Great Britain (GB).
- Your mascot should;
- Represent a physical or sensory impairment in some way.
- Celebrate Paralympic athletes and the Paralympic values.
- Have a great name!
- Once complete, submit your entry to the competition at <http://www.activenotts.org.uk/forms/view/sgvc> before 9:00am on Friday 10th July 2020 Earn points for your school and download your certificate.

EQUIPMENT NEEDED

- Paper
- Pens, pencils, crayons



30mins



How can you demonstrate passion throughout this challenge?

Design something that makes you feel proud.

MAKE IT EASIER...

Describe your mascot for someone to draw.
Use household items to design your mascot.

MORE OF A CHALLENGE

Describe how your mascot will support Team GB at the next Paralympic Games.

MAKE IT INCLUSIVE

Design your mascot on the computer or have someone help you.

LEAD OTHERS

Can you encourage others to design their own mascot?

TOP TIPS

Research previous Olympic and Paralympic mascots for inspiration and jot down your ideas using the template on the next page.

Mascot Design

FRIDAY FUN

! Virtual competition

ACTIVITY

- Design your own Boccia Bonanza activity.
- You can draw or set-out and take a picture or film yourself doing your activity.
- Think about all of the equipment you might need for it to work.
- Once complete, submit your entry (photo or film) to the competition at <http://www.activenotts.org.uk/forms/view/sgvc> before 9:00am on Friday 10th July 2020 Earn points for your school and download your certificate.

EQUIPMENT NEEDED

- Paper and pencils/colouring pens
- Something to picture your activity



30mins



How can you demonstrate passion throughout this challenge?

Design a game you really love and show others how to play it.

MAKE IT EASIER...

Try recreating your favourite game from this week.

MORE OF A CHALLENGE

Have a go at playing your game!
Can you turn your favourite game into a Boccia-based activity?

MAKE IT INCLUSIVE

Design your activity to be played 'table-top'.

LEAD OTHERS

Show others how to play your game.
Challenge others to design their own activity.

TOP TIPS

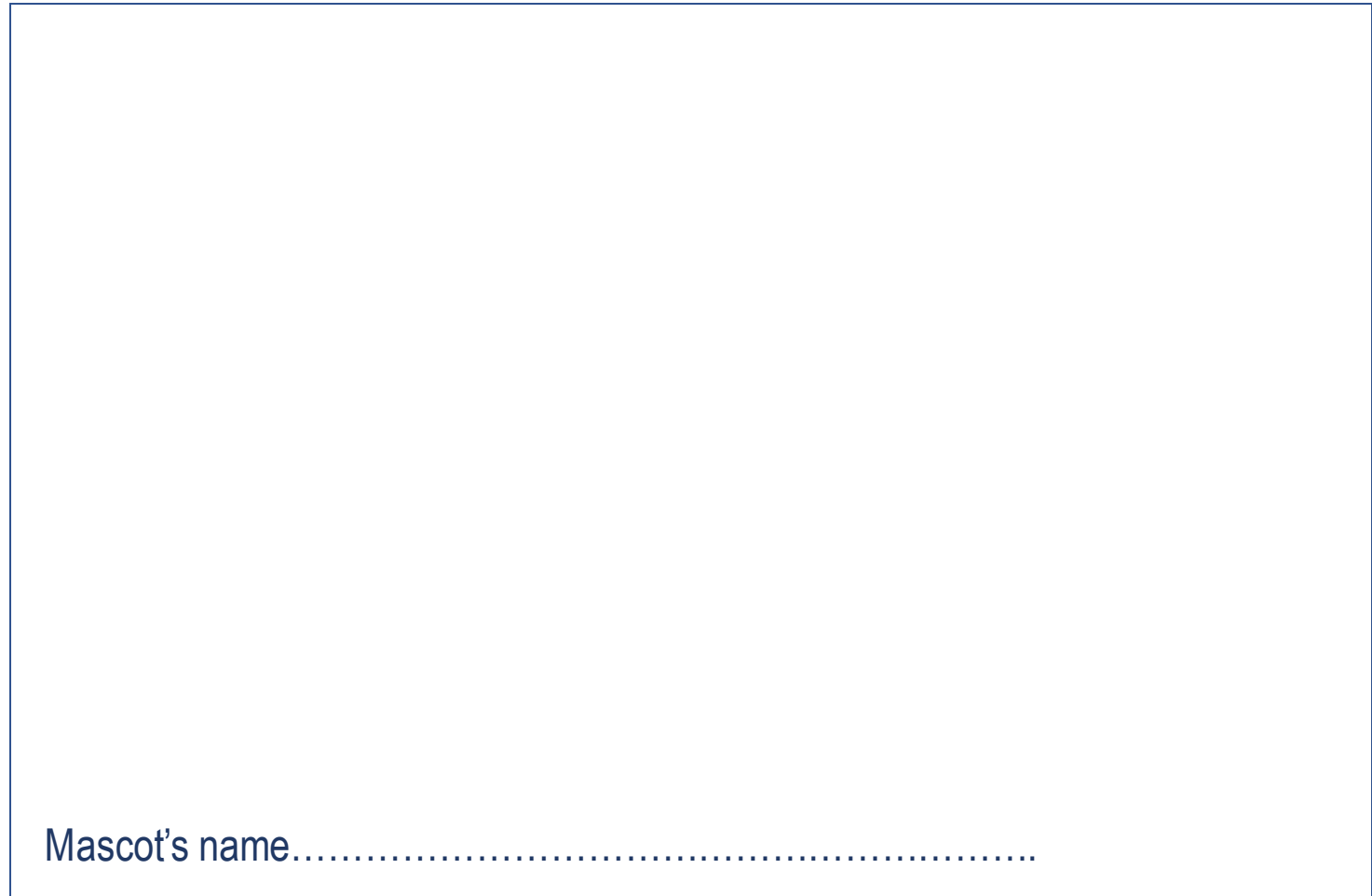
Use this week's activities as a starting point. Will you base your game on accuracy or game tactics?

Bonanza Activity

Why not try this now? Head over to the Get Set Tokyo website for free downloadable resources and activities; <https://www.getset.co.uk/resources>

My Mascot Design

How will your mascot support Team GB?



Mascot's name.....

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