


Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Boccia
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<b>Challenge 1 Title</b>	Moving Target
<b>Challenge Description</b>	<p>Set up a chair and 5 cones as per the diagram below. The colour of the cones doesn't matter.</p> <div style="text-align: center;">  </div> <p>You will need 10 pairs of rolled up socks, tennis balls, or similar. These will be your boccia balls.</p> <p><b>Whilst seated</b>, throw your first ball, <b>underarm</b>, at the nearest target (orange on the diagram). If you miss the target, try and hit the first target again with your second ball. Once you've hit the target, throw your next ball at the next nearest target (green on the diagram).</p> <p><b>You can only move on to the next target once you have successfully hit the previous target.</b></p> <p>Your score is based on the furthest target which you manage to hit within 10 shots. <b>You do not need to add your points together.</b></p> <p>If you manage to only hit the nearest target (orange) during your 10 shots, then you get 5 points.</p> <p>If you manage to hit the second nearest target (green) during your 10 shots, you get 10 points.</p> <p>The third nearest target (yellow) is worth 15 points.</p> <p>The fourth nearest target (red) is worth 20 points.</p> <p>The furthest target (blue) is worth 25 points.</p> <p><b>Maximum score: 25 points.</b></p>



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<b>Scoring</b>	<p>Your score is based on the furthest target which you manage to hit within 10 shots. <b>You do not need to add your points together.</b></p> <p>If you manage to only hit the nearest target (orange) during your 10 shots, then you get 5 points.</p> <p>If you manage to hit the second nearest target (green) during your 10 shots, you get 10 points.</p> <p>The third nearest target (yellow) is worth 15 points.</p> <p>The fourth nearest target (red) is worth 20 points.</p> <p>The furthest target (blue) is worth 25 points.</p> <p><b>Maximum score: 25 points.</b></p>
<b>Video Example</b>	<p><a href="#">Click here for video</a></p>
<b>Suggested Adaptations for Space/Equipment</b>	<p>Shoes, tins, or any items of a similar size are a perfect alternative to cones.</p> <p>If it is difficult to use a chair (e.g. within schools) this challenge can be performed whilst standing.</p>
<b>Adaptation for Inclusivity</b>	<p>This challenge <b>should</b> be done seated, so can be performed in a wheelchair.</p> <p>If throwing is not suitable, then a ramp can be used to roll a ball at the target, and targets removed once they have been hit.</p>
<b>Coaching Tips</b>	<ol style="list-style-type: none"><li>1. Keep your eyes on the target</li><li>2. Try releasing the ball in different ways- palm up, and palm down</li><li>3. Swing your throwing arm backwards and then forwards, releasing the ball in front of you</li><li>4. Your throwing arm should follow through towards the target</li></ol>



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<b>Challenge 2 Title</b>	Wall Ball
<b>Challenge Description</b>	<p>Place an A4 piece of paper on the floor, 50cm away from a wall, and a marker 2.5 metres away from the wall.</p> <p>Using a rolled up pair of socks as a boccia ball, stand or sit at the marker. You are aiming to bounce your 'boccia ball' off of the wall to hit the paper target.</p> <p>You must only use one 'boccia ball', so will need to retrieve it between throws. <b>You must throw underarm.</b></p> <p>How many times can you hit the paper target in <b>60 seconds</b>?</p>
<b>Scoring</b>	How many times can you hit the paper target in <b>60 seconds</b> ?
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	If you don't have an A4 piece of paper, any target of a similar size will do.
<b>Adaptation for Inclusivity</b>	This challenge can be done seated or in a wheelchair, with a partner retrieving the ball if required.
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Think carefully about the trajectory (height or direction) of your throw</li><li>2. Try releasing the ball in different ways- palm up, and palm down</li><li>3. Your throwing arm should follow towards the target through as you throw</li></ol>

Submit your scores at [www.sussexschoolgames.co.uk](http://www.sussexschoolgames.co.uk) before midday (12pm) on Friday.



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<b>Challenge 3 Title</b>	Under Pressure
<b>Challenge Description</b>	<p>Place 2 pieces of A4 paper on the ground, 3 metres apart.</p> <p>Standing at the first piece of paper, and using a rolled up pair of socks as a boccia ball, throw your ball underarm and try to land it on the other paper target.</p> <p>Run to retrieve the ball, and whilst standing at the second paper target, throw the ball back at the first paper target.</p> <p>You should only use one 'boccia ball'. Your ball only needs to hit the paper target. It can bounce first, roll onto the target, or roll off of the target.</p> <p>How many times can you hit the paper target in <b>60 seconds</b>?</p>
<b>Scoring</b>	How many times can you hit the paper target in <b>60 seconds</b> ?
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	If you don't have any A4 paper, any target of a similar size is fine.
<b>Adaptation for Inclusivity</b>	<p>This challenge can be completed in a wheelchair, or seated throwing at a single target with a partner retrieving the ball if required.</p> <p>If throwing isn't suitable, then a ramp can be used to roll the balls.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Set yourself before you throw the ball</li><li>2. Try releasing the ball in different ways- palm up, and palm down</li><li>3. Accuracy is more important than speed</li></ol>

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<b>Challenge 4 Title</b>	Tactics Alley
<b>Challenge Description</b>	<p>This challenge will require you to think tactically, as well as testing your accuracy.</p> <p>You will need 3 boccia balls (rolled up pairs of socks), and 5 target pins (bottles, deodorant cans etc work perfectly).</p> <p>Place your balls in a pile on the ground, and your 5 target pins a <b>minimum of 3 metres away</b>. The formation of your target pins is up to you, and you are encouraged to think tactically about the best set-up for you. Your target pins must not be touching each other, and can not be adjusted between shots.</p> <p>Whilst sat on the chair, throw each boccia ball in turn, trying to knock down your target pins. You have <b>3 shots</b> to knock down as many target pins as you can.</p>
<b>Scoring</b>	<p>Each target pin that you successfully knock down is worth <b>5 points</b>.</p> <p>If you knock down all 5 target pins with your <b>first shot</b>, then you are awarded 10 bonus points, on top of the 25 points earned for knocking down 5 pins (35 points in total).</p> <p><b>How many points can you get?</b></p> <p><b>Maximum Score: 35 points</b></p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	Anything can be used for the target pins, so long as the items are roughly the size of a standard water bottle or deodorant can.
<b>Adaptation for Inclusivity</b>	This challenge can be performed seated, and can be performed in a wheelchair. If throwing isn't suitable, then a ramp can be used to roll balls.
<b>Coaching Tips</b>	<ol style="list-style-type: none"><li>1. Think carefully about the set-up of your target pins. How can you knock multiple pins down with a single throw?</li><li>2. Remember what has worked well in previous challenges to throw accurately</li></ol>

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**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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