



BIRMINGHAM SCHOOL GAMES 2020-21



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BOCCIA



BOCCIA CHALLENGES:

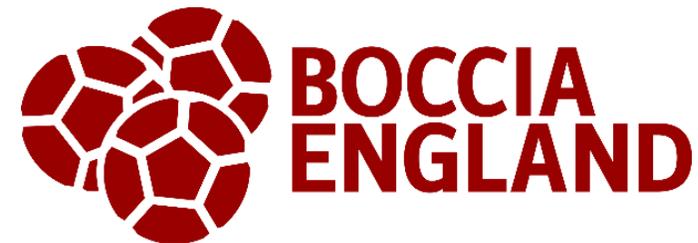
- Wrap the Gift
- Ever Decreasing Rainbows
- Rainbow Football

Log on to: www.sgochallenge.com

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Enter your participation results for each year group that take part.



Start Date: 11th January 2021
End Date: 25th March 2021



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BOCCIA

WRAP THE GIFT

Place 6 (blue) target balls in a line in front of you at a distance of 2.5m from a chair.

Each player has 6 (red) balls that should be thrown or rolled so they land in front of (and touch) the target (blue) balls.

Leave all thrown balls in place until the end.

It doesn't matter if the target (blue) balls move but they must be touching a (red) thrown ball to score.

Scoring

2 points scored for every throwing (red) ball that is touching a target (blue) ball after all balls have been thrown.

A ball can only score once, so no extra points if a throwing ball is touching 2 target balls for example.

The maximum score is 12 points.



HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- The chair can be moved closer / further away from the target.
- Take the target balls away and use cones instead to aim to get as close as possible.
- Use larger target balls or use a ramp to propel the Boccia balls.
- Ask an adult or a leader to hold the ramp or ask them to give audio clues.



LEADERSHIP

Can your young people:

- Set up the equipment for the challenge?
- Record the scores for the challenge?
- Reflect on their performance and do they know how to improve?



2.5m distance



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BOCCIA

EVER DECREASING RAINBOWS

Set up the 7 coloured targets in the shape of a rainbow and place the chair for the thrower 2 metres from the first (red) target.

You have 7 attempts to try to hit or land on as many of the targets as you can, starting at the red target, then orange, then yellow and so on until you reach violet (one attempt per coloured target).

Scoring

Each target has its own points value as follows: red=1 point, orange=2 points, yellow=3 points, green=4 points, blue=5 points, Indigo=6 points, Violet=7 points. Maximum score is 28 points.



HOW DO I COMPLETE THE CHALLENGES?

Adaptations

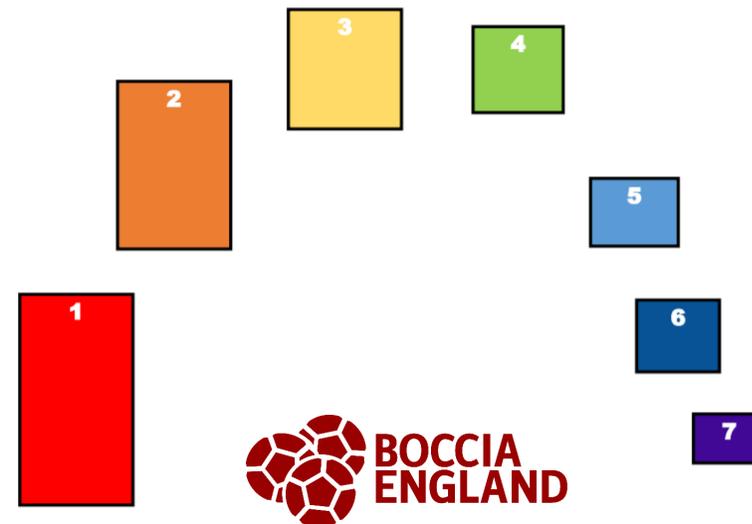
- Move the targets closer or further away.
- Use fewer targets or move the targets into an easier pattern.
- Make the targets bigger or smaller, use a ramp to roll the ball.
- Ask an adult or leader to support with audio cues or hold the ramp.



LEADERSHIP

Can your young people:

- Set up the equipment for the challenge?
- Record the scores for the challenge?
- Reflect on their performance and do they know how to improve?



BOCCIA

RAINBOW FOOTBALL

Set up 7 goals in the shape of a rainbow, with the 8 balls in front of the goals with a chair 2 metres from the nearest goal.

Try each goal in turn, from goal 1-7 (left to right). You have 7 throws to try and score as many goals as you can by hitting the target balls which then roll into the goals.

Scoring

Each goal is worth 1 point each, you must attempt to score in **each** goal to achieve a maximum score of 7 points.



HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Move the goals closer or further away or change the width of the goals.
 - The objects / balls in front of the goal can be taken away.
- The balls in front of the goal can be larger / smaller. A ramp can also be used if required.
 - Ask an adult or a friend to give you audio cues or assist in holding the ramp.



LEADERSHIP

Can your young people:

- Set up the equipment for the challenge?
- Record the scores for the challenge?
- Reflect on their performance and do they know how to improve?

