

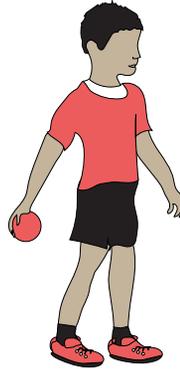
# Boccia

## Home Physical Education

Can you play fairly and keep the score?

### How to play:

- This game can be played standing up or sitting down.
- Choose a place to throw from and place a marker 5 steps away.
- Each player needs 3 balls or pairs of socks.
- Players take turns to throw or roll their ball towards the marker.
- Once all players have thrown or rolled their ball, the ball that is closest to the marker is the winner.



Can you keep trying even if your ball is the furthest away from the marker?

### Top Tips

#### Roll or Throw Underarm

Step forwards with one foot, bending the knee, release the ball along the ground using your opposite hand.

### Let's Reflect

What did you learn after each throw or roll to adapt for the next?

How did you keep focused?